STANDARD *Energen* RECIPES FOR NUTRITION

WITH FOOD VALUES

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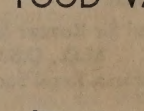

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'. . . a properly constituted diet is such a combination of foodstuffs as provides all the thirty-six different food constituents in proper quantity and proportion to one another . . . the greatest single factor in the acquisition and maintenance of good health is perfectly constituted food.'

Major-General Sir ROBERT MCCARRISON,
M.D., D.S.C., F.R.C.P.,
Cantor Lecturer, Royal Society of Arts.

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Energen

Fruit Products

("sugarless jams")

can with advantage be used
in many of these recipes.

Energen Fruit Products include :

	per jar
Orange Marmalade	1/1 & 2/–
Grapefruit Marmalade	,, ,,
Bramble Jelly	,, ,,
Victoria Plum	,, ,,
Apricot	,, ,,
Damson	,, ,,
Strawberry	1/2 & 2/3
Raspberry	,, ,,
Black Currant	,, ,,

and are obtainable from the best grocers, bakers, health food stores, and chemists, including any branch of Boots Cash Chemists and also many branches of the International Stores, etc.

Issued by :
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London, N.W. 10

FOREWORD

THE HEALTH of the family depends very largely upon the food eaten. People are at last beginning to realize the evils resulting from incorrect feeding, and it is in response to growing interest in diet that this Energen Scientific Recipe Book has been compiled.

Diet is a matter of "balance," calling for a correctly proportioned intake of the three chief food elements, viz.: Protein (body building and tissue repairing); Fat (supplying warmth); Carbohydrate (supplying energy), with the necessary vitamins, mineral salts, "roughage" and water. It is of the greatest importance that the correct proportions of each of the above constituents should be regularly included in the everyday diet of the ordinary person, in order that the maximum of health may be enjoyed and nutritional requirements met.

The main error in the modern dietary is the inclusion of too great a percentage of Carbohydrate (starch) in most of the dishes which the ordinary housewife prepares, giving rise to such troubles as indigestion, obesity, nausea, and even diabetes. The Energen Foods Company has overcome this difficulty in the manufacture of Bread and Cereal Health Foods by reducing the excess starch to a proper balance, by the addition of pure vegetable (wheat) Protein, the body building and repairing substance—the first and essential food.

The proportions of these food elements are definitely stabilized by the Energen process, the gram and calorie content of Carbohydrate, Protein and Fat are guaranteed and stated on every package, and are therefore available for calculation in the recipes. The Energen Foods

Company was the first to give these standardized values which have proved invaluable in numerous instances. The following recipes which embody these principles have been compiled to show the modern scientific use of the Energen Food Products.

Even the best foods may be ruined by incorrect cooking. Food should be cooked to make it more palatable, easily digestible, and at the same time retain its full nutritive value. Vegetables contain the principal mineral salts and are rich in certain vitamins. Much of the valuable mineral matter lies immediately under the skin, therefore when peeling, take off the thinnest possible layer. Cook in as little water as possible, and *without soda*, which destroys the mineral salts and most of the vitamins.

The housewife will find that by following these simple rules and regularly using the Energen recipes, she will be laying the foundations of good health for her family, and avoiding many digestive and other troubles which result from methods of catering based upon delectability and not upon nutritional value. Apart from its domestic use, it is hoped that the book will be found of practical value to those responsible for the arranging of meals in canteens and public institutions.

Certain of the recipes contain saccharine in place of sugar and will be found invaluable for those who find it necessary to arrange Diabetic and Slimming Diets in everyday catering.

In compiling these recipes, the most recent researches of the leading dietetic authorities have been studied, and in particular, appreciation and thanks are due to Dr. Mary Schwartz Rose, Ph.D., and Prof. R. H. A. Plimmer, D.Sc., for their invaluable works *A Laboratory Handbook for Dietetics*, and *Analyses and Energy Values of Foods*.

ESTIMATED CALORIE REQUIREMENTS PER DAY

The following Calorie requirements are below the standard tables and can therefore be increased where the requirements of individual cases are felt to necessitate it.

	Calories per day
Men	
At rest	1,800–2,000
Sedentary (office workers)	2,200–2,800
Working (mechanics, labourers, athletes, etc.)	3,000–4,000
Women	
At rest	1,600–1,800
Sedentary (office workers)	2,000–2,200
Occupations involving standing, walking, or manual labour (housekeeping, etc.)	2,200–2,500
Occupations requiring strength (machinists, shop assistants)	2,500–3,000
Children	
Age 2–6 years	1,000–1,600
Age 6–12 years	1,600–2,500
Youth, 12–18 years	2,500–3,000

AN AVERAGE DAILY DIETARY SHOULD CONTAIN

Say—

Carbohydrate, 400 grams; Protein, 72–100 grams; Fat, 64–100 grams; Calories, 2,400.

IMPORTANT

It cannot be too strongly emphasized that the calorie requirements stated above are intended as *guides to diet*, and are subject always to the individuals' conscious requirements obtained by observation, and can be modified according to vocation, pursuits, and personal idiosyncrasy.

The following are some of the common foodstuffs containing respectively :

PROTEINS	FATS	CARBOHYDRATES
Body building and tissue repairing—are found in :	Supplying warmth—are found in :	Supplying energy—are found in :
DAIRY Milk Cheese Eggs	**DAIRY** Butter Cheese Cream Milk Egg yolks	Sugar Bread Flour Oatmeal Root vegetables Dried vegetables Fresh Fruit and vegetables Dried Fruit
MEAT Lean meat Liver Heart Kidney Poultry	**MEAT** Fat Meat Suet Dripping Lard	Cereals Rice Tapioca Sago Semolina
FISH Eels Salmon White fish Herrings	**FISH** Herring Mackerel Salmon Fish Roe	Cakes and Pastries
VEGETABLES Beans Peas Lentils	Olive Oil	

HOUSEHOLD MEASURES

Liquid Measures

8 tablespoonfuls	$\frac{1}{2}$ pint
1 small teacupful	$\frac{1}{4}$ pint
1 tumblerful	$\frac{1}{2}$ pint

Dry Measures

1 heaped tablespoonful of flour or similar ingredient	1 oz. =	28–30 grams
1 level tablespoonful of sugar or similar ingredient	1 oz. =	28–30 grams
1 teacupful of flour or similar ingredient	4 oz. =	112–130 grams
1 tablespoonful of fat	1 oz. =	28–30 grams

ENERGEN RECIPES

No. of Recipe.	SOUPS	Per portion (one person) C.	P.	F.	Cals.
1.	Artichoke Soup	7½	2½	1½	55
2.	Beetroot Soup	10½	2½	6½	105
3.	Bisneal Soup—with milk	8½	4½	5	98
	,, ,, —without milk	6½	3	3½	65
4.	Cauliflower Soup—with milk	12	4½	6½	125
	,, ,, —without milk	9½	3	4½	90
5.	Celery and Macaroni Soup	12½	5½	6	128
6.	Chestnut Soup	31	5½	8½	223
7.	Clear Soup	—	2½	Trace	11
8.	Clear Soup				
	(a) With Strength of Wheat NRG	7	1½	½	38
	(b) With Energen Macaroni	8	4½	½	53
	(c) With Energen Tapioca	8	1	—	37
9.	Cream Soup	3	3	2	42
10.	Cucumber Soup	10	5½	11½	165
11.	Leek Soup	11	3	½	58
12.	Mulligatawny Soup	13½	2½	6	119
13.	Mushroom Soup	10½	5	15	221
14.	Onion Soup	15½	1½	6	123
15.	Potato Soup	25	4	½	120
16.	Scotch Broth	6	6½	7	112
17.	Strength of Wheat NRG Broth	14½	3	½	75
18.	Strength of Wheat NRG Soup	2½	½	Trace	13
19.	Strength of Wheat High-Protein Soup	12	6	7	135
20.	Tapioca Cream Soup	4½	2	2½	49
21.	Thick White Vegetable Soup	12½	3½	10	153
22.	Tomato Soup	5	1	2	43
23.	Vegetable Soup	7½	3	11½	147
	FISH DISHES				
24.	Baked Fish: (a) Whiting	½	18	6	128
	(b) Haddock	½	13	6	108
	(c) Sole	½	23	6	148
25.	Creamed Fish	1½	23½	2½	124
26.	Fish Galantine	6	9½	3½	92
27.	Fish Pie	9½	17	10½	198
28.	Fish Mould	5½	20	19½	248
	White Sauce	3½	2½	3½	58
29.	Fish Sausages	17½	14½	2	146
30.	Fish Roe Soufflé	—	14½	7½	126
31.	Fish Soufflé (a)	6	16	11	187
	(b)	7	10	3½	102
32.	Grilled Fish	½	20½	3½	112
33.	Haddock, Stuffed and Baked	6½	28½	27	383
34.	Herring Roes on Toast	1	11½	8½	123
35.	Jellied Salmon and Celery	2½	15½	9	152
36.	Kedgeree of Fish	—	9½	6½	96
37.	Tapioca and Fish Croquettes	11½	10	2½	108
	MEAT DISHES				
38.	Beefsteak and Kidney Pudding	30	33	24½	472
39.	Boiled Beef, Carrots and Dumplings	40	49½	38	700
40.	Boiled Lamb and Caper Sauce	6	28½	21½	312
41.	Exeter Stew	27	33½	26½	480

MEAT DISHES (continued) No. of Recipe.	Per portion (one person) C.	P.	F.	Cals.
42. Fricassee of Sweetbread: (a) With milk	3½	13	14	192
(b) Without milk	2	12	13	174
43. Kidneys on Toast	2	26½	17	267
44. Liver Olives in Casserole	18½	32	5½	252
45. Mutton and Macaroni Pie	28	26	27	459
46. Rissoles	8½	9½	9	153
47. Savoury Liver Loaf	10½	28	16	298
48. Savoury Steak in Batter	32½	34	17	418
49. Stuffed Breast of Mutton	5	28½	28½	390
50. Stuffed Sheep's Heart	10½	19½	10½	216
51. Sweetbread Mould	—	19½	10	169
52. Veal and Ham Pie	21	30	29½	472
VEGETABLE DISHES				
53. Baked Tomato	4	½	6	72
54. Cream of Brussels Sprouts	14½	4⅜	8⅜	155
55. Creamed Spinach	3⅜	2½	2⅜	49
56. Creamed Turnip	7½	2½	10	129
57. Nut Roast	16½	13½	29½	384
58. Nut and Pulse Galantine	21	11	14	254
59. Vegetable Hot-Pot	25	4½	2	136
60. Vegetable Pudding	14½	7½	9½	174
SAUCES (SAVOURY)				
61. Bread Sauce	17	12½	6½	177
62. Cheese Sauce	9	10⅜	17½	236
63. Curry Sauce	17½	2½	6½	138
64. Tomato Sauce	15⅜	5	9½	168
65. White Sauce—Plain	7½	4½	7½	116
66. ,, ,, —Nourishing	16	8	16	240
SAUCES (SWEET)				
67. Chocolate Sauce	19	8	5½	157
68. Custard Sauce	4½	5½	5½	91
69. Sweet Sauce—with Sugar	9	3½	6⅜	110
,, ,, —with Saccharine	6½	3½	6⅜	100
STUFFINGS, ETC.				
70. Apple, Sage and Onion Stuffing	13	1	⅛	57
71. Chestnut Stuffing	42½	14⅓	17	380
72. Liver Forcemeat	6½	6½	9⅛	139
73. Veal Forcemeat	6⅜	8⅜	10⅜	158
74. Fried Breadcrumbs	4⅛	3½	4½	70
HOT SWEETS				
75. Apple Charlotte	11⅜	5⅛	12½	180
76. Apple Tapioca Pudding	10½	⅓	—	44
77. Baked Custard	2	4½	11½	128
78. Baked Semolina Sponge	37	11	8	264
79. Baked Semolina Pudding	36	16	11	307
80. Batter Pudding	26	14	5⅔	212
81. Caramel Pudding	32½	9	7	229
82. Christmas Pudding	29⅜	10	13⅜	282
83. Chocolate Pudding	29	21½	22	400
84. Custard Apple	16½	10⅜	10	198
85. Cup Pudding	81½	17	17½	552
86. Date Pudding	55½	11	28	518

HOT SWEETS (continued) No. of Recipe.	Per portion (one person) C.	P.	F.	Cals.
87. Energen Pudding	21	15½	15	280
88. Golden Feather Pudding	28	5	14	258
89. Macaroni Pudding	10½	6½	2	84
90. Marmalade Pudding	6⅔	7	5½	117
91. NRG Baked Pudding	34½	11½	9½	270
92. NRG Milk Pudding	23⅓	9	7⅓	197
93. Pancakes	9½	7½	12½	178
94. Raisin Pudding	48	18½	22	464
95. Sago or Rice Pudding	6½	4½	5⅔	94
96. Scotch Tapioca Cream	50½	5	7	321
97. Semolina Caramel	42½	12	8½	293
98. Strawberry Pudding	32	6	23⅓	363
99. Strength of Wheat Delight	16½	4⅔	3½	116
100. Strength of Wheat Pudding	5½	1½	3	55
101. Strength of Wheat NRG Soufflé	20	10½	9	203
102. Stuffed Apples with Energen Tapioca	69	5	16	440
103. Tapioca Pudding	17½	6⅛	5	144
COLD SWEETS				
104. Apple Jelly	3½	3½	1½	38
105. Apple Sponge	2½	3½	1½	36
106. Chocolate Blancmange:				
With sugar	17	8½	1½	112
Without sugar	10	8½	1½	85
107. Cocoanut Mould	2⅛	4⅛	3⅛	59
108. Coffee Cream Mould	⅔	3½	2⅔	39
109. Coffee Junket	5⅔	3⅔	6⅓	93
110. Coffee or Chocolate Mousse	22½	8½	7⅔	192
111. Egg Yolk Jelly	—	6½	6½	81
112. Fruit Salad	12	—	—	48
113. Fruit Tapioca	31	1⅝	—	131
114. Ivory Mould	24	11	10½	235
115. Lemon Mould	½	6⅔	3½	58
116. Lemon Sponge	4	8	Trace	49
117. NRG Surprise—Danish Rodgrod	79½	10	13⅔	482
118. Orange Sponge	6	8	Trace	57
119. Rice Mould	3½	3⅔	2½	53
120. Semolina Fruit Shape	40	3	½	173
121. Semolina Hedgehog	32	11	30½	448
122. Strength of Wheat NRG Shape	28½	10	7½	222
123. Surprise Pudding	46	8	25	441
124. Tapioca Mould	4⅔	3	1	40
125. Wheaten Cream	28½	13½	10½	259
126. Wheaten Delight	38	6¾	6	233
ICES				
127. Lemon Water Ice	6	¾	½	32
„ „ „ —with white of egg	6	2⅔	½	40
128. Energen Ice-Cream	13	2½	15	197
PASTRIES				
129. Apple Cobs	16½	2	3½	104
130. Apple and Cranberry Pie	12½	2	3½	89
131. Congress Tarts—each tart—average	4½	4	12	142
132. Jam Tarts—each tart—average	2⅔	1	3½	47
133. Mince Pies—each pie—average	17⅓	5½	18½	256
134. Nutritious Short Pastry	45½	18½	37½	594

SAVOURIES AND CHEESE DISHES	Per portion (one person)			
No. of Recipe.	C.	P.	F.	Cals.
135. Bismeal Sausage	14	11½	18	264
136. Celery Cheese	6	7½	9½	138
137. Cheese Biscuits	17	12½	21½	307
138. Cheese Custard	7	15	16	229
139. Cheese Egg	—	14	22½	260
140. Cheese Fingers	22½	10½	11	231
141. Cheese Pudding	9½	13⅛	16½	241
142. Cheese Savoury Pudding	11½	13⅛	13½	222
143. Cheese-Wheat Savoury	13½	9	17	243
144. Cheese and Wheat Soufflés	4½	6½	10½	136
145. Fried Energen Macaroni	50	35	19½	517
146. Gnocchi (an Italian Savoury)	21½	14	17½	299
147. Macaroni Cheese	9½	7½	8½	149
148. Macaroni Cheese Mould	2½	5½	2½	55
149. Macaroni Cutlets	34	29½	14	380
150. Macaroni Fritters	28½	15	5	219
151. Macaroni Italienne	28	23½	26	440
152. Macaroni Milanaise	30½	26	15½	401
153. Macaroni Salad	32	16½	1½	205
Mayonnaise Sauce	½	½	15	65
154. Marrow Cheese	10½	8½	9½	158
155. Mushroom Cream	6½	6½	9	132
156. Nourishing Savoury	11½	25	23½	368
157. Rice Savoury	8½	4½	5	98
158. Savoury Pudding	24	9	17	285
Brown Sauce	4½	1½	4	60
159. Sardine Savoury	2	8	12½	153
160. Seakale au Gratin	5½	5½	7½	115
161. Stuffed Tomatoes	8½	4½	1½	71
162. Tomato Soufflé	25½	15	13	279
163a. Welsh Rarebit	7½	13½	10	173
163b. „ „	8½	13½	10½	183
OMELETTE AND EGG DISHES				
164. Mushroom Omelette	1	9	18½	207
165. Plain Omelette	—	7	12½	141
166. Puffy Omelette	—	7	18½	195
167. Tomato Omelette	2½	7½	18½	207
168. Sardine Eggs	—	20½	25½	309
169. Scotch Eggs	3½	14	15½	213
170a. Stuffed Eggs	3½	10	13½	177
170b. „ „	2½	16	26½	325
BREAD				
171. High Protein Bread—each loaf (approx.)	527	90	7	2531
172. High Protein Yeast Bread—1 oz. (thin slice) (approx.)	13½	5½	¾	82
BISCUITS				
173. Almond Biscuits—each biscuit—average	7½	1½	2½	58
174. Bismeal Biscuits—each biscuit—average	2	1½	2½	33
175. Chocolate Biscuits—each biscuit—average	8	2½	2½	64
176. Savoury Biscuits—each biscuit—average	7½	4½	5½	98
177. Spice Biscuits—each biscuit—average	2	1	1½	26

CAKES AND SCONES No. of Recipe.	Per portion (one person) C.	 P.	 F.	 Cals.
178. Afternoon Tea Scones— each scone—average	9½	5½	5	104
179. Energen Tea Cakes— each cake—average	8½	3½	6½	106
180. Bismeal Oat Cakes— each cake—average	2¾	2	3	46
181. Bran Cakes—each cake—average	—	4½	6½	78
182. Chocolate Buns— each bun—average	4	3¾	3¾	64
183. Chocolate Cake— each cake—average	19½	9½	9	195
184. Drop Scones— each scone—average	4½	3¾	4	69
185. Madeira Cake— each slice—average	19½	7½	9½	190
186. Nut Tea Cakes— each cake—average	9	5½	5	102
187. Sultana Cake— each slice—average	25¾	5½	10	215
188. Tangerine Tea Cakes— each cake—average	9	4½	3	81
189. Yorkshire Tea Cakes— each cake—average	9	4½	3	81
SUNDRIES				
190. Strength of Wheat NRG Porridge	19	4¾	¾	102

1. *ARTICHOKE SOUP (for 2 persons)*

Food Value .. .. C. 15 P. 4½ F. 3½ Cals. 110
Food Value per person C. 7½ P. 2¼ F. 1¾ Cals. 55

Ingredients

5 oz. artichokes
3½ oz. milk
¼ pint water
1 teaspoonful Gelozone
Salt and pepper

Method

1. Boil the artichokes until quite soft. Drain and rub through hair sieve.
2. Mix the Gelozone with a little water until smooth. Pour on to the artichokes.
3. Add milk and seasoning and remainder of water.
4. Boil for a few minutes and serve hot.

2. *BEETROOT SOUP (for 4 persons)*

Food Value .. .. C. 41 P. 8½ F. 25 Cals. 423
Food Value per person C. 10¼ P. 2⅛ F. 6¼ Cals. 105

Ingredients

1 quart good vegetable stock
1 oz. butter
1 oz. Strength of Wheat NRG
1 boiled beetroot
1 raw beetroot
Salt, pepper

Method

1. Peel and shred beetroots finely (the raw one improves colour, flavour, and food value).
2. Sauté in the melted butter and add Strength of Wheat.
3. Gradually add stock and simmer for about 1 hour.
4. Season carefully and tint with carmine if necessary.

3. *BISMEAL SOUP (for 2 persons)*

Food Value .. .. C. 17½ P. 9½ F. 10 Cals. 197
Food Value per person C. 8¾ P. 4¾ F. 5 Cals. 98

Ingredients

½ oz. sieved Bismeal
½ oz. butter
3½ oz. milk
1 oz. onion
½ pint water
1 oz. carrot
Salt and pepper

Method

1. Grate the carrot and mince the onion.
2. Melt the butter, add the vegetables, and Bismeal, and stir over gentle heat for 5 minutes.
3. Pour in water and stir till boiling.
4. Skim, if necessary, and simmer 20 minutes.
5. Season well, and add the milk.
6. Boil and serve hot.

Note.—This is quite a good soup *without* the milk added, in which case :—

Food Value .. .. C. 12½ P. 5¾ F. 6½ Cals. 131
Food Value per person C. 6¼ P. 3 F. 3¼ Cals. 65

4. *CAULIFLOWER SOUP (for 6 persons)*

With Milk

Food Value	C. 71	P. 27½	F. 39¾	Cals. 752
Food Value per person	C. 12	P. 4½	F. 6½	Cals. 125

Without Milk

Food Value	C. 57	P. 18	F. 28	Cals. 552
Food Value per person	C. 9½	P. 3	F. 4½	Cals. 90

Ingredients

1½ lb. cauliflower
1 small onion
1 oz. margarine or butter
1 oz. Strength of Wheat NRG
Salt, pepper, blade of mace
1 teaspoonful chopped parsley
1¼ pints white stock or
1 pint water, ¼ pint milk

Method

1. Melt fat and sauté grated onion in it.
2. Break cauliflower in small pieces and add.
3. Add stock, seasoning, and Strength of Wheat, but *not* milk.
4. Simmer 30 to 40 minutes, then rub through a sieve or beat to a pulp.
5. Add milk and chopped parsley and re-heat before serving.

5. *CELERY AND MACARONI SOUP (for 6 persons)*

Food Value	C. 74	P. 34½	F. 37	Cals. 767
Food Value per person	C. 12¼	P. 5¾	F. 6	Cals. 128

Ingredients

2 oz. Energen Macaroni
1 small head of celery
1 oz. butter
1 oz. Strength of Wheat NRG
1 small onion
1¼ pints white stock
¼ pint milk
Salt, pepper, chopped parsley

Method

1. Sauté shredded onion and celery in melted butter.
2. Add macaroni broken in 1 in. lengths and Strength of Wheat.
3. Add stock and simmer ¾ to 1 hour.
4. Rub through sieve if preferred, then re-heat with milk and seasoning.
5. Sprinkle in chopped parsley before serving.

6. *CHESTNUT SOUP (for 6 persons)*

Food Value	C. 186½	P. 33	F. 51	Cals. 1,337
Food Value per person	C. 31	P. 5½	F. 8½	Cals. 223

Ingredients

1 lb. chestnuts
1 oz. Strength of Wheat NRG
1 quart white vegetable stock
¼ pint milk or cream
1 oz. butter or margarine
Salt and pepper

Method

1. Bake or stew chestnuts until skins are easily removed.
2. Pound and sieve them, then blend slowly with the stock adding Strength of Wheat.
3. Add seasoning and bring to boil, then blend with milk and butter. Serve at once.

7. *CLEAR SOUP (for 3 persons)*

Food Value	C. —	P. 8	F. ¼	Cals. 34
Food Value per person	C. —	P. 2½	F. trace	Cals. 11

Ingredients

1 quart brown stock
1 onion
4 cloves
Seasonings
2 sticks celery
6 peppercorns
2 whites of egg

Method

1. Remove fat from stock and put into a clean pan.
2. Add vegetables, cloves, and peppercorns.
3. Beat whites of eggs to stiff froth, add and bring all slowly to the boil, whisking occasionally while boiling.
4. Remove whisk, simmer 5 minutes, and strain through muslin.
5. Re-heat and season.

8. *CLEAR SOUP (for 2 persons)*

(With added Strength of Wheat, Macaroni, or Tapioca)

Ingredients

1 pint clear soup
Seasonings
¾ oz. Strength of Wheat NRG

Method 1

1. Bring soup to the boil, add Strength of Wheat gradually, and boil 3-5 minutes.
2. Season and serve very hot.

Food Value	C. 14	P. 3½	F. ½	Cals. 75
Food Value per person	C. 7	P. 1¾	F. ¼	Cals. 38

Method 2

1. Cook 1 oz. Energen Macaroni till soft but not overdone, turn into pointed strainer, or muslin, and wash.
2. Add to 1 pint clear soup.

Food Value	C. 15¾	P. 9	F. ½	Cals. 106
Food Value per person	C. 8	P. 4½	F. ¼	Cals. 53

Method 3

1. Cook ¾ oz. of Energen Tapioca in 1 pint of soup till clear.

Food Value	C. 16	P. 1¾	F. —	Cals. 73
Food Value per person	C. 8	P. 1	F. —	Cals. 37

9. *CREAM SOUP (for 4 persons)*

Food Value	C. 13	P. 11	F. 8½	Cals. 173
Food Value per person	C. 3	P. 3	F. 2	Cals. 42

Ingredients

1 pint of vegetable, veal, or chicken stock
1 heaped dessertspoonful Strength of Wheat NRG
1 egg
1 tablespoonful cream, or ¼ teacup of milk
Seasonings

Method

1. Bring stock to the boil.
2. Add Strength of Wheat NRG slowly, stirring constantly, and cook 4-5 minutes.
3. Set aside to cool.
4. Whip white of egg and cream thoroughly, and add to the contents of the pan when cool (whisk well to prevent curdling).
5. Re-heat, but *do not boil.* Add 1 teaspoonful chopped parsley before serving.
6. Serve with pulled bread.

10. *CUCUMBER SOUP (for 4 persons)*

Food Value	C. 40½	P. 21	F. 46	Cals. 660
Food Value per person	C. 10	P. 5¼	F. 11½	Cals. 165

Ingredients

1 oz. Strength of Wheat NRG
1 large cucumber
1 oz. butter
1 pint stock or water
¼ pint milk
1 egg yolk
Salt and pepper

Method

1. Sauté sliced cucumber (cut lengthways) in melted butter.
2. Add Strength of Wheat and stock. Simmer ¾ to 1 hour.
3. Rub through a sieve, season and stir in egg yolk beaten with the milk. Re-heat but *do not boil.*
4. Serve hot with dice of boiled cucumber.

11. *LEEK SOUP (for 2 persons)*

Food Value	C. 22	P. 6	F. ½	Cals. 117
Food Value per person	C. 11	P. 3	F. ¼	Cals. 58

Ingredients

1 pint of water or stock
½ oz. Strength of Wheat
6 oz. leeks
Seasonings, pinch powdered nutmeg

Method

1. Bring water or stock, fat free, to the boil.
2. Cut up leeks small, add to boiling water, and cook 30 minutes.
3. Add Strength of Wheat and simmer 5 minutes.
4. Season, add nutmeg, and serve very hot.

12. *MULLIGATAWNY SOUP (for 6 persons)*

Food Value	C. 82	P. 14½	F. 35	Cals. 700
Food Value per person	C. 13¾	P. 2½	F. 6	Cals. 119

Ingredients

1 oz. butter
2 oz. Strength of Wheat NRG
1 oz. good curry powder
1 teaspoonful curry paste
½ teaspoonful desiccated coconut
1 carrot, onion, white turnip
1 Bramley seedling apple
1 stick celery, small parsnip
Squeeze of lemon juice
Salt and pepper if required

Method

1. Sauté shredded vegetables in butter and stir in Strength of Wheat, curry powder, and paste, with other ingredients.
2. Add a quart of stock and simmer 1½ to 2 hours.
3. Rub through a hair sieve, boil up and serve.

13. *MUSHROOM SOUP (for 4 persons)*

Food Value	C. 65½	P. 20½	F. 60	Cals. 884
Food Value per person . .	C. 16¼	P. 5	F. 15	Cals. 221

Ingredients

1 large onion
½ lb. fresh mushrooms
A little cream
2 oz. butter
2 oz. Strength of Wheat NRG
1 pint water
Pepper, salt, mace

Method

1. Peel and shred onion and simmer in the water.
2. Prepare mushrooms and slice them thinly. Add to the onion. Simmer until tender.
3. Melt butter and sauté Strength of Wheat, browning slightly.
4. Rub mushrooms and onions through a sieve and add to the butter with a little extra water if needed.
5. Season carefully, stir in the cream, and serve.

14. *ONION SOUP (for 2 persons)*

Food Value	C. 31	P. 3¼	F. 12	Cals. 245
Food Value per person	C. 15½	P. 1½	F. 6	Cals. 123

Ingredients

3½ oz. onions
½ pint water or vegetable stock
½ oz. butter
1 tablespoonful Gelozone
Salt, pepper, a little mace

Method

1. Peel and slice the onions; lightly fry in butter.
2. Mix Gelozone to a smooth paste with a little stock.
3. Boil the onions in the remainder of the stock till tender, rub through sieve; season and thicken.
4. Re-boil, and simmer for 5 minutes.
5. Serve hot.

15. *POTATO SOUP (for 5 persons)*

Food Value	C. 124	P. 20½	F. 2½	Cals. 601
Food Value per person	C. 25	P. 4	F. ½	Cals. 120

Ingredients

1 lb. potatoes
2 onions
1 carrot
1 quart of vegetable stock or water
2 oz. Strength of Wheat NRG
Seasonings

Method

1. Bring stock to the boil, and add the prepared vegetables, thinly sliced.
2. Cook for 1 hour, add Strength of Wheat NRG slowly, stirring all the time, then cook for a further 20 minutes.
3. Season and serve.

16. *SCOTCH BROTH (for 2 persons)*

Food Value	C. 11¾	P. 12½	F. 14	Cals. 223
Food Value per person	C. 6	P. 6¼	F. 7	Cals. 112

Ingredients

2 oz. scrag end of mutton
1 oz. onion
1 oz. carrot
1 oz. turnip
A little celery
½ oz. Energen Semolina
Salt and pepper
¾ pint water

Method

1. Prepare and dice vegetables.
2. Wash mutton, add whole to the water, and bring slowly to boil. Skim.
3. Add vegetables and semolina ; simmer 2 hours.
4. Skim, remove meat, season and serve hot.

17. *STRENGTH OF WHEAT NRG BROTH (for 6 persons)*

Food Value	C. 88	P. 17	F. 2½	Cals. 442
Food Value per person	C. 14¾	P. 3	F. ½	Cals. 75

Ingredients

1 quart water or vegetable stock
2 medium size carrots
1 large onion or leek
¼ swede
2 potatoes
¼ cabbage or a few brussels sprouts
1 bay leaf
2 oz. Strength of Wheat NRG

Method

1. Prepare the vegetables, dicing the carrots, swede, and onion.
2. Bring stock to the boil, and add vegetables.
3. Re-boil, skim, and simmer for ¾ hour.
4. Add Strength of Wheat NRG slowly, stirring all the time and cook for a further 20 minutes.
5. Remove bay leaf, season, and serve.

18. *STRENGTH OF WHEAT NRG SOUP (for 2 persons)*

Food Value	C. 5	P. 1	F. ¼	Cals. 26
Food Value per person	C. 2½	P. ½	F. trace	Cals. 13

Ingredients

½ dessertspoonful Strength of Wheat NRG
Salt and pepper
½ pint vegetable, veal, or chicken broth

Method

1. Bring stock to boiling point, add Strength of Wheat NRG slowly, stirring constantly.
2. Cook 4-5 minutes and season to taste.
3. Serve in a hot cup, with fingers of toast, and sprinkle with a little grated carrot.

19. *STRENGTH OF WHEAT HIGH PROTEIN SOUP (for 6 persons)*

Food Value	C. 72	P. 37	F. 42	Cals. 814
Food Value per person	C. 12	P. 6	F. 7	Cals. 135

Ingredients

3 oz. Strength of Wheat NRG
¼ pint milk or thin cream
Yolks of 3 eggs
Pepper, salt, ground mace
1 tablespoonful chopped parsley
2 quarts white vegetable stock

Method

1. Sprinkle Strength of Wheat into hot stock and simmer ½ hour, stirring occasionally. Cool slightly.
2. Beat up yolks, add to hot milk, and stir carefully into the soup, re-heating but *not* boiling.
3. Add seasoning and chopped parsley.
4. Serve with sippets of toast or puff pastry.

20. *TAPIOCA CREAM SOUP (for 12 persons)*

Food Value	C. 57	P. 23	F. 30	Cals. 590
Food Value per person	C. 4¾	P. 2	F. 2½	Cals. 49

Ingredients

2 oz. Energen Tapioca
2 quarts white stock
2 egg yolks
1 cup milk or cream
Salt and pepper

Method

1. Soak tapioca for ½ hour in ¾ cup of milk or stock.
2. Bring the stock to the boil, stir well, then simmer until tapioca is clear.
3. Stir the milk or cream into the beaten egg-yolks.
4. Add a little of the boiling stock, stirring quickly.
5. Draw pan away from fire, add the egg stock to it and stir constantly.
6. Season to taste.
7. Serve in cups with a teaspoonful of cream added to each.
8. If desired, 2 teaspoons of grated onion can be added to stock before boiling soup.

21. *THICK WHITE VEGETABLE SOUP (for 6 persons)*

Food Value	C. 75	P. 20	F. 61	Cals. 929
Food Value per person	C. 12½	P. 3¼	F. 10	Cals. 153

Ingredients

½ lb. potatoes
2 leeks
1 onion
Salt and pepper
1 oz. Strength of Wheat NRG
2 oz. butter or margarine
1¼ pints vegetable stock or water
¼ pint milk

Method

1. Melt butter and sauté sliced potato and finely shredded onion and leek.
2. Add Strength of Wheat, then water, and simmer 1½ hours.
3. Cool slightly and stir in milk and seasoning.
4. Either sieve and re-heat or serve with vegetables in it.

22. *TOMATO SOUP (for 2 persons)*

Food Value	C. 10	P. 1¾	F. 4¼	Cals. 85
Food Value per person	C. 5	P. 1	F. 2	Cals. 43

Ingredients

¼ pt. stock
6 oz. tomato
¾ oz. cream
¼ oz. onion
Seasoning salt, pepper, celery salt, and a pinch of mace

Method

1. Slice tomato, cook in the stock till tender, then sieve.
2. Add seasoning to the sieved liquid, bring to the boil, and add cream just before serving.

23. *VEGETABLE SOUP (for 2 persons)*

Food Value	C. 14¾	P. 6¼	F. 23½	Cals. 294
Food Value per person	C. 7½	P. 3	F. 11¾	Cals. 147

Ingredients

2 oz. celery
1 oz. lettuce
2 oz. turnip
1 oz. carrot
¼ oz. onion
2 oz. cabbage
¼ oz. butter
¼ pint stock
1 oz. cream
1 yolk of egg

Method

1. Dice vegetables and gently fry in butter for 5 minutes, stirring all the time.
2. Add to warm stock, and boil gently for 1 hour.
3. Add yolk of egg and cream beaten together before serving.

24 (a). BAKED FISH (for 1 person)

Food Value.. .. C. ½ P. 18 F. 6 Cals. 128

Ingredients

3½ oz. whiting (filleted)
½ oz. butter
½ oz. lemon juice
Seasoning

Method

1. Sprinkle the filleted fish with salt, pepper, and lemon juice.
2. Roll up and stand on end on a greased plate.
3. Cover with greased paper.
4. Bake in a moderate oven 10 to 15 minutes.
5. Melt the butter, add the lemon juice, and pour over the fish.

24 (b). BAKED FISH (for 1 person)

Food Value.. .. C. ½ P. 13 F. 6 Cals. 108

Ingredients

2½ oz. fresh haddock (filleted)
½ oz. butter
½ oz. lemon juice
Seasoning

Method

1. Sprinkle the fillet with salt, pepper, and lemon juice.
2. Roll up and stand on end on a greased plate.
3. Cook in a moderate over 10 to 15 minutes.
4. Melt the butter, add the lemon juice, and pour over the fish.

24 (c). BAKED FISH (for 1 person)

Food Value.. .. C. ½ P. 23 F. 6 Cals. 148

Ingredients

4½ oz. sole (filleted)
½ oz. butter
½ oz. lemon juice
Seasoning

Method

1. Sprinkle filleted fish with salt, pepper, and lemon juice.
2. Roll up and stand on end on greased plate, cover with greased paper and bake in moderate oven 10 to 15 minutes.
3. Melt the butter, add lemon juice, and pour over the fish.

25. CREAMED FISH (for 1 person)

Food Value.. .. C. 1¼ P. 23½ F. 2¾ Cals. 124

Ingredients

4½ oz. sole (filleted)
½ oz. cream
Seasoning ; lemon juice
Chopped parsley

Method

1. Wipe fish, lay in a fireproof dish, sprinkle with salt, pepper, and a squeeze of lemon juice.
2. Pour cream over, cover with greased paper and bake in a moderate oven 10 to 15 minutes (it must not boil).
3. Serve in dish in which it is cooked, garnished with paprika and chopped parsley.

26. *FISH GALANTINE (for 2 persons)*

Food Value	C. 12¼	P. 19	F. 6½	Cals. 183
Food Value per person	C. 6	P. 9½	F. 3¼	Cals. 92

Ingredients

2 oz. cooked cod
2 oz. cooked potatoes (sieved)
1 egg
1 Energen Rusk
½ teaspoonful chopped parsley
Pepper and salt

Method

1. Flake fish, removing skin and bone.
2. Add potato, parsley, seasoning, and beaten-up yolk of egg.
3. Shape into a roll, place on a greased tin, cover with whipped white of egg; sprinkle it with a rusk ground to crumbs, and bake in a moderate oven until brown.
4. Serve hot or cold.

27. *FISH PIE (for 2 persons)*

Food Value	C. 18¾	P. 34¼	F. 20½	Cals. 396
Food Value per person	C. 9½	P. 17	F. 10¼	Cals. 198

Ingredients

2½ oz. cooked white fish
¾ oz. grated cheese
4 oz. tomatoes
½ oz. butter
1 oz. Bismeal
Pepper and salt to taste

Method

1. Plunge tomatoes in boiling water for 1 minute, then skin, halve, and place in dish.
2. Flake the fish, mix with half the Bismeal and put on top of the tomatoes.
3. Add the rest of the Bismeal to the cheese, and cover fish.
4. Place butter in small pieces on top and bake for 20 minutes.

28. *FISH MOULD (for 3 persons)*

Food Value	C. 16½	P. 59¾	F. 58¼	Cals. 742
Food Value per person	C. 5½	P. 20	F. 19½	Cals. 248

Ingredients

½ lb. cooked fish
1 oz. Bismeal
2 oz. milk
2 oz. butter
½ teaspoonful chopped parsley
1 egg

White Sauce

Food Value	C. 11¼	P. 6¾	F. 11¼	Cals. 173
Food Value per person	C. 3¾	P. 2¼	F. 3¾	Cals. 58

Ingredients

½ oz. butter
5 oz. milk
½ oz. Energen Flour

Method

1. Soak Bismeal in the milk.
2. Pound fish with butter, add Bismeal, beaten egg, and seasoning, and mix well.
3. Steam in a greased basin 45 minutes.
4. Turn on to a hot dish and coat with sauce.

29. *FISH SAUSAGES (for 6 persons)*

Food Value	C. 105	P. 88	F. 13	Cals. 889
Food Value per person	C. 17½	P. 14½	F. 2	Cals. 146

Ingredients

- 1 teacupful cooked white fish flakes
- 1 teacupful of shrimps (picked and chopped)
- 1 teacupful of Energen Semolina
- 1 dessertspoonful fresh chopped parsley
- 2 eggs
- 1 teaspoonful salt
- Pepper to taste

Method

1. Break fish flakes with a fork.
2. Add Energen Semolina (which must previously be boiled in water), parsley, shrimps, and seasoning.
3. Mix well together with a well-beaten egg.
4. Shape into sausages.
5. Beat the other egg, dip the sausages in, and roll them in Bismeal.
6. Fry in boiling fat.

30. *FISH ROE SOUFFLÉ (for 2 persons)*

Food Value	C. —	P. 29½	F. 15	Cals. 253
Food Value per person	C. —	P. 14¾	F. 7½	Cals. 126

Ingredients

- 2½ oz. roe (preferably herring soft roe)
- 1 yolk of egg
- 2 whites of eggs
- ½ oz. butter
- Powdered mace

Method

1. Blanche and sieve the roes, add seasoning, and a trace of powdered mace.
2. Beat well with the butter and egg yolk.
3. Whisk the whites of eggs to a stiff froth, and fold into mixture.
4. Bake in small cups for 5 minutes and serve immediately.

31 (a). *FISH SOUFFLÉ (for 2 persons)*

Food Value	C. 12	P. 32½	F. 21½	Cals. 373
Food Value per person	C. 6	P. 16	F. 11	Cals. 187

Ingredients

- 3 oz. filleted sole or fresh haddock (uncooked)
- ½ oz. butter
- ½ oz. Energen Flour
- 2½ oz. milk
- 1 yolk of egg
- 2 whites of eggs
- Seasonings, pinch of powdered mace

Method

1. Scrape fish into small pieces.
2. Make thick sauce of butter, flour, and milk. Before removing from fire, add prepared fish and cook for 5 minutes; then sieve.
3. Add egg yolk, seasoning, and powdered mace.

4. Whip whites to a stiff froth, and fold in lightly.
5. Turn into buttered pie-dish or soufflé mould and bake 20 to 30 minutes.
6. Serve immediately.

To prepare Mould.—Tie a paper band round to come 3 in. above the mould. Butter mould and paper.

31 (b). FISH SOUFFLÉ (for 2 persons)

Food Value	C. 13¾	P. 20	F. 7½	Cals. 203
Food Value per person	C. 7	P. 10	F. 3¾	Cals. 102

Ingredients

2 oz. any cooked white fish
2 tablespoonfuls milk
1 egg
1 Energen Rusk
½ teaspoonful chopped parsley
Pepper and salt
2 oz. cooked potatoes (sieved)

Method

1. Mix well together fish, potato, seasoning, egg yolk, and milk.
2. Beat white to a stiff froth, and fold into mixture.
3. Arrange in fireproof dish, grate rusk over and cook until brown (about half an hour).

32. GRILLED FISH (for 1 person)

Food Value	C. ¼	P. 20½	F. 3¼	Cals. 112

Ingredients

4 oz. sole or plaice
½ oz. melted butter
½ oz. lemon juice
Chopped parsley
Salt and pepper

Method

1. Coat tin or enamel plate with the melted butter.
2. Wipe fish, lay on the plate, season, and brush the rest of the butter over it.
3. Cook under grill 3 to 5 minutes (without turning).
4. Serve with chopped parsley and lemon juice.

NOTE.—Where a strict diet is not in force, dredge fish lightly with flour to give a golden brown colour.

33. HADDOCK, STUFFED AND BAKED (for 2 persons)

Food Value	C. 13	P. 57	F. 54	Cals. 766
Food Value per person	C. 6½	P. 28½	F. 27	Cals. 383

Ingredients

Fish

½ lb. fresh haddock (after boning)
1 oz. dripping for basting

Stuffing

1 oz. Bismeal
1 dessertspoonful chopped parsley
1 oz. butter, dripping, or finely chopped suet
½ teaspoonful dried herbs
1 egg
Salt and pepper

Method

1. *The Stuffing.*—Mix all the dry ingredients together.
2. Add melted butter or dripping and sufficient egg to bind.
3. Fill the inside of the fish with stuffing, and sew it up.
4. Melt the dripping in a baking tin, place the fish in and baste it well.
5. Cover with greased paper and bake in a moderate oven 25 to 30 minutes.

NOTE.—Herring, plaice, or cod can be cooked in this way.

34. *HERRING ROES ON TOAST (for 2 persons)*

Food Value	C. 2	P. 22½	F. 16½	Cals. 247
Food Value per person	C. 1	P. 11¼	P. 8¼	Cals. 123

Ingredients

3 oz. herring roes
1 Energen Roll
½ oz. butter

Method

1. Cut the roll in halves, toast and butter it.
2. Fry the roes in the remainder of the butter, and place on the rolls.
3. Garnish with paprika and parsley.
4. Serve immediately.

35. *JELLIED SALMON AND CELERY (for 1 person)*

Food Value	C. 2½	P. 15¼	F. 9	Cals. 152

Ingredients

⅜ teaspoonful gelatine
1 tablespoonful cold water
3 tablespoonfuls boiling water
1 tablespoonful lemon juice
2 tablespoonfuls salmon
¼ cup finely chopped celery
Few grains salt

Method

1. Soak the gelatine in cold water for 5 minutes.
2. Pour boiling water over the gelatine until it is dissolved, and allow to cool.
3. Add salmon (cooked and shredded), finely-chopped celery, lemon juice, and seasoning.
4. Mix all the ingredients thoroughly, and mould.
5. When set, serve on a lettuce leaf.

36. *KEDGEREE OF FISH (for 2 persons)*

Food Value	C. —	P. 19½	F. 12½	Cals. 191
Food Value per person	C. —	P 9¾	F. 6¼	Cals. 96

Ingredients

3 oz. smoked haddock
1 hard-boiled egg
½ oz. butter
Seasoning

Method

1. Place a smoked haddock in a tin with a little water and bake for 10 minutes.
2. Flake fish, removing skin and bones, and weigh out 3 oz.
3. Finely chop the white of egg and add to the fish in a stew-pan, with butter and seasoning.
4. Re-heat for a few minutes.
5. Garnish with grated yolk of egg, and serve hot.

37. *TAPIOCA AND FISH CROQUETTES (for 5 persons)*

Food Value	C. 58	P. 49	F. 12	Cals. 536
Food Value per person	C. 11½	P. 10	F. 2½	Cals. 108

Ingredients

3 tablespoonfuls Energen Tapioca
1½ cups cooked, flaked fish
1 cup milk
2 teaspoonfuls lemon juice
1 tablespoonful minced pimento
½ teaspoonful salt

Method

1. Put tapioca, salt, paprika to taste and milk into the top of a double saucepan.
2. Cook over boiling water, stirring frequently, until tapioca is clear.
3. Add fish, pimento, and lemon juice.
4. Turn on to a plate to cool.
5. Flour hands well and then shape the mixture into croquettes.
6. Dip in bread crumbs, then in beaten egg, then crumbs again.
7. Fry in deep smoking-hot fat till golden.

NOTE.—Salmon is the best fish to use.

38. *BEEFSTEAK AND KIDNEY PUDDING (for 4 persons)*

Food Value	C. 119	P. 132	F. 98	Cals. 1886
Food Value per person	C. 30	P. 33	F. 24½	Cals. 472

Ingredients

¾ lb. stewing steak
1 sheep's kidney
1 oz. Energen Flour
Salt and pepper to taste
2 tablespoonfuls of water

Suet Crust

6 oz. Energen Flour
3 oz. suet
½ teaspoonful baking powder
Salt
Cold water to mix

Method

1. Make the pastry.
2. Grease a pint size pudding-basin.
3. Skin the kidney and cut in small pieces with the meat.
4. Mix the flour and seasoning on a plate and toss the meat in it.
5. Roll out two-thirds of the pastry in a round and fit into the basin, drawing the edge well over the top.
6. Put half the meat in the basin, add the water, then the remainder of the meat.
7. Roll out the rest of the pastry and place on top.
8. Tie a floured pudding cloth over the top.
9. Place in a pan of boiling water and cook for 3 hours.

39. *BOILED BEEF, CARROTS AND DUMPLINGS (for 4 persons)*

Food Value	C. 160	P. 198	F. 151	Cals. 2791
Food Value per person	C. 40	P. 49½	F. 38	Cals. 700

Ingredients

1¼ lb. silverside
1 lb. carrots

Dumplings

¼ lb. Energen Flour
¼ lb. suet
1 teaspoonful chopped parsley
Seasoning
Water to mix

Method

1. Wipe the beef.
2. Prepare the carrots.
3. Place in a pan with enough boiling water to cover the joint.
4. Add seasoning and simmer gently for 2 hours, then add the dumplings.
5. Simmer for another ½ hour.

40. *BOILED LAMB AND CAPER SAUCE (for 10 persons)*

Food Value	C. 61	P. 234	F. 217	Cals. 3133
Food Value per person	C. 6	P. 23½	F. 21½	Cals. 312

Ingredients

3 lb. leg of lamb
2 carrots
2 turnips
2 onions
1 teaspoonful finely chopped parsley
Enough water to cover the joint entirely

Caper Sauce

½ pint milk
½ pint of the lamb stock
1 oz. Energen Flour
1 oz. butter
1 tablespoonful capers, roughly chopped

Method

1. Wipe the meat.
2. Prepare the vegetables.
3. Place in a pan of boiling water and simmer gently for about 3 hours.
4. When cooked place on a hot dish. Coat with the sauce and garnish with the vegetables.

41. *EXETER STEW (for 4 persons)*

Food Value	C. 108	P. 134	F. 106	Cals. 1922
Food Value per person	C. 27	P. 33½	F. 26½	Cals. 480

Ingredients

1 lb. stewing beef
2 sliced onions
2 carrots
1 turnip
1 oz. dripping
1 tablespoonful Energen Flour
1 tablespoonful vinegar
1¼ pints water

Dumplings

¼ lb. Energen Flour
2 oz. chopped suet
½ teaspoonful baking powder
½ teaspoonful mixed herbs

Method

1. Make the dripping hot in the saucepan.
2. Add the onions and fry a nice brown.
3. Sprinkle in the flour and let it brown.
4. Add the vinegar, the meat cut into small pieces, the vegetables, and the water.
5. Bring to the boil and simmer till tender—about 3 hours.
6. Make the dumplings and add to the stew when it has been simmering about 1½ hours.

42. *FRICASSEE OF SWEETBREAD (for 2 persons)*

Food Value	C. 7	P. 26	F. 28	Cals. 384
Food Value per person	C. 3½	P. 13	F. 14	Cals. 192
Without Milk				
Food Value	C. 4¼	P. 24	F. 26	Cals. 347
Food Value per person	C. 2	P. 12	F. 13	Cals. 174

Ingredients

4 oz. sweetbread
½ oz. Energen Flour
½ oz. butter
2 oz. milk
2 oz. water or stock
1 yolk of egg

Method

1. Blanche and cook the sweetbreads (see recipe for Sweetbread Mould).
2. Make a sauce of the butter, flour, and milk, and allow to cool slightly.
3. Add yolk of egg, cook for a few minutes, *but do not boil*, then add the sweetbreads.
4. Serve very hot, and garnish with paprika.

NOTE.—Water or stock may take the place of milk.

43. *KIDNEYS ON TOAST (for 1 person)*

Food Value.. .. C. 2 P. 26½ F. 17 Cals. 267

Ingredients

2 sheep's kidneys
1 Energen Roll
½ oz. butter
Seasonings

Method

1. Split roll in halves, toast and butter.
2. Cut kidney across lengthways but do not sever. Fry in the rest of the butter and season well.
3. When rather underdone, lift on to the hot toast, garnish with parsley, and serve.

44. *LIVER OLIVES IN CASSEROLE (for 2 persons)*

Food Value.. .. C. 37 P. 64 F. 11 Cals. 503
Food Value per person C. 18½ P. 32 F. 5½ Cals. 252

Ingredients

8 oz. liver
1 teacupful stock
½ teaspoonful Marmite

Stuffing

1 onion (grated)
1½ oz. Bismeal
2 teaspoonsful chopped parsley
½ teaspoonful grated lemon rind
Pepper and salt
A little milk to bind

Method

1. Scald and chop the onion and make the stuffing.
2. Cut the liver in thin slices and spread with the stuffing.
3. Roll up and tie with thread.
4. Put in a casserole dish, cover with the stock and Marmite.
5. Bake in a moderate oven, till the liver is tender.

45. *MUTTON AND MACARONI PIE (for 3 persons)*

Food Value.. .. C. 84½ P. 78 F. 82 Cals. 1388
Food Value per person C. 28 P. 26 F. 27 Cals. 459

Ingredients

¼ lb. cooked Energen Macaroni
½ lb. cooked mutton
½ pint gravy
2 tablespoonfuls breadcrumbs
1 teaspoonful minced capers
1 oz. butter

Method

1. Butter a pie-dish.
2. Arrange alternate layers of the mutton, macaroni, sauce, and a dash of capers on a dish.
3. Sprinkle with breadcrumbs.
4. Dab with butter.
5. Bake in a moderate oven for ½ hour.

46. *RISSOLES (for 2 persons)*

Food Value	C. 17	P. 19	F. 18	Cals. 306
Food Value per person	C. 8½	P. 9½	F. 9	Cals. 153

Ingredients

- 1 oz. Energen Flour
- ½ oz. lard
- 2 oz. minced meat
- A little finely-chopped onion
- A pinch of mixed herbs
- Salt and pepper

Method

1. Rub the lard into the flour, add a little water and make into a dough.
2. Roll out and cut into two.
3. Place half the meat and herbs, etc., on one half of each.
4. Fry in deep boiling fat until brown.
5. Drain and serve hot.

47. *SAVOURY LIVER LOAF (for 6 persons)*

Food Value	C. 63½	P. 166	F. 100½	Cals. 1822
Food Value per person	C. 10½	P. 28	F. 16	Cals. 298

Ingredients

- 1 lb. par-boiled liver (minced)
- ½ lb. cooked ham (minced)
- 1 cupful Energen Bismeal
- 1 tablespoonful fine-minced onion
- 1 teaspoonful minced parsley
- 1 egg
- Stock or water to bind

Thickened gravy

- ½ pint water or stock
- ½ oz. Energen Flour
- ½ oz. melted dripping
- Seasoning
- 1 teaspoonful Marmite

Method

1. Mix together the minced liver and ham.
2. Add parsley, onion, Bismeal, and well-beaten egg.
3. Bind well together with a little water or stock.
4. Turn into a greased mould and set in a pan of hot water.
5. Bake in a moderate oven 45 minutes.
6. Serve with thickened gravy.

48. *SAVOURY STEAK IN BATTER (for 4 persons)*

Food Value	C. 130	P. 137	F. 67	Cals. 1671
Food Value per person	C. 32½	P. 34	F. 17	Cals. 418

Ingredients

- ¾ lb. steak
- 6 oz. Energen Flour
- 1 pint milk
- 1 egg
- 1 teaspoonful salt
- ¼ teaspoonful pepper
- ½ oz. dripping for greasing tin

Method

1. Make the batter and allow to stand for 1 hour.
2. Put the meat in a well-greased tin, and pour the batter over it.
3. Bake for 1 to 1½ hours in a moderate oven.

49. STUFFED BREAST OF MUTTON (for 8 persons)

Food Value .. .. C. 39½ P. 228½ F. 228 Cals. 3124
Food Value per person C. 5 P. 28½ F. 28½ Cals. 390

Ingredients

1½ lb. breast of mutton (when boned)

Veal Stuffing

2 oz. Bismeal
1 oz. finely chopped suet
2 teaspoonfuls chopped parsley
½ teaspoonful mixed herbs
½ teaspoonful grated lemon rind
Seasoning
Egg and milk to bind

Thickened Gravy

½ pint water or stock
½ oz. Energen Flour
½ oz. melted dripping
Seasoning
1 teaspoonful Marmite

Method

1. Make the stuffing and spread over the mutton.
2. Roll and tie up.
3. Place on the stand of a roasting pan.
4. Pour some melted dripping over.
5. Place in a hot oven for 10 minutes, then reduce the heat and allow 25 minutes to each pound and 25 minutes over.
6. Serve with thickened gravy.

50. STUFFED SHEEP'S HEART (for 2 persons)

Food Value .. .. C. 20½ P. 38½ F. 21¾ Cals. 432
Food Value per person C. 10¼ P. 19¼ F. 10⅞ Cals. 216

Ingredients

1 sheep's heart (cleaned, 6 oz.)
1 oz. Bismeal
2 oz. tomato
½ oz. onion (chopped finely)
½ oz. beef dripping
½ teaspoonful mixed herbs
Salt and pepper

Method

1. Skin the tomatoes by plunging in boiling water, mash, and add to the Bismeal into which the dripping has been well rubbed.
2. Add onion and seasoning.
3. Fill the cavities of the heart with this stuffing.
4. Wrap in well-greased paper and bake in a slow oven for 1½ hours.

51. SWEETBREAD MOULD (for 2 persons)

Food Value .. .. C. — P. 39½ F. 20 Cals. 337
Food Value per person C. — P. 19½ F. 10 Cals. 169

Ingredients

½ lb. sweetbreads
½ pint water
½ oz. leaf gelatine
1 hard-boiled egg
Salt, pepper

Method

1. Blanche sweetbreads by soaking in salted water for 1 hour.
2. Simmer gently in the water for ¼ hour.

3. Remove the sweetbreads and cut into small pieces.
4. Slice the hard boiled egg and place in a jelly mould, add the sweetbreads.
5. Season the liquor and add the gelatine to it.
6. Pour into the mould and leave to set.

Instead of water or stock 1 gill of veal jelly may be used.

52. *VEAL AND HAM PIE (for 6 persons)*

Food Value .. .. C. 127 P. 181 F. 177 Cals. 2825
Food Value per person C. 21 P. 30 F. 29½ Cals. 472

Ingredients

1 lb. veal (no bone)
¼ lb. ham or bacon
1 teaspoonful parsley
Seasoning
Pinch mixed herbs
Grated lemon rind
1 hard-boiled egg
1 gill stock

Rough Puff Pastry

8 oz. Energen Flour
5 oz. margarine
½ teaspoonful salt
Cold water

Method

1. Make the pastry.
2. Wipe the meat and cut in small pieces.
3. Add seasonings.
4. Place half the meat in a pint pie-dish.
5. Add sliced egg and a little stock, then the remainder of the meat and stock.
6. Roll pastry out about ½ in. thick and the size of the pie-dish, and put on a strip of pastry.
7. Wet edge of piedish and put on a strip of pastry.
8. Trim and decorate the edges.
9. Pierce a hole in the centre of the pie and decorate.
10. Brush with beaten egg.
11. Time to allow for baking, 1½ to 2 hours.

53. *BAKED TOMATO (for 1 person)*

Food Value .. .. C. 4 P. ½ F. 6 Cals. 72

Ingredients

3 oz. tomato
¼ oz. butter
Seasoning

Method

1. Slice the tomato, place in a greased fireproof dish, add seasoning, and a piece of butter on each slice.
2. Cover with greased paper and bake in a moderate oven for 7 to 10 minutes.

NOTE.—Tomatoes may be left whole and baked 15 to 20 minutes.

54. *CREAM OF BRUSSELS SPROUTS (for 4 persons)*

Food Value .. .. C. 57 P. 19¼ F. 35 Cals. 620
Food Value per person C. 14¼ P. 4¾ F. 8¾ Cals. 155

Ingredients

1 oz. Strength of Wheat NRG
2 lb. brussels sprouts
1 oz. butter
Salt and pinch of sugar
Grating of nutmeg
A little cream

Method

1. Boil sprouts until tender, reserving the stock.
2. Rub through sieve and sauté in butter.
3. Add stock (1 pint) and Strength of Wheat and simmer ½ hour.
4. Season, add cream, and serve.

55. *CREAMED SPINACH (for 1 person)*

Food Value .. .. C. 3¾ P. 2¼ F. 2¾ Cals. 49

Ingredients

4 oz. boiled spinach
½ oz. cream

Method

1. Sieve the cooked spinach and weigh out 4 oz.
2. Place in a pan with the cream, mix well and heat.
3. Serve very hot.

56. *CREAMED TURNIP (for 1 person)*

Food Value .. .. C. 7½ P. 2¼ F. 10 Cals. 129

Ingredients

5 oz. boiled turnip
¼ oz. butter
¾ oz. cream
Seasoning

Method

1. Mash and sieve the turnip and weigh out 5 oz.
2. Mix well with seasoning, butter, and cream, and re-heat.
3. Serve very hot.

57. *NUT ROAST (for 4 persons)*

Food Value .. .. C. 66 P. 53 F. 118 Cals. 1538
Food Value per person C. 16½ P. 13¼ F. 29½ Cals. 384

Ingredients

4 oz. mixed (ground or grated) nuts
1 oz. grated onion
¼ pint milk
Pepper and ground mace to taste
2 oz. Strength of Wheat NRG
2 eggs
¼ pint cream or 1 oz. melted butter
1 teaspoonful salt

Method

1. Heat milk, sprinkle in Strength of Wheat and simmer 5 to 10 minutes.
2. Cool slightly, then add nuts, whisked eggs, and other ingredients.

3. Butter a loaf tin, dust with grated nuts and press in the mixture, packing closely.

4. Cover with paper and bake in oven 280 to 300° F. for 20 minutes.

5. Turn out and coat with tomato sauce.

6. Serve hot or cold, garnished with chopped parsley.

58. *NUT AND PULSE GALANTINE (for 6 persons)*

Food Value	C. 127	P. 67	F. 82	Cals. 1514
Food Value per person	C. 21	P. 11	F. 14	Cals. 254

Ingredients

4 oz. ground nuts
4 oz. haricot or butter beans (previously soaked and steamed)
2 oz. Strength of Wheat NRG
1 oz. grated onion
1 teaspoonful Marmite (or vegetable extract)
2 eggs
1 teaspoonful salt, pepper, mixed herbs, and chopped parsley to taste

Method

1. Heat and mash beans thoroughly or rub through a sieve.
2. Mix with nuts, onion, and Strength of Wheat.
3. Season carefully and bind with beaten egg.
4. Shape into a roll and tie in greased parchment or press into a greased stone jam jar.
5. Steam 1½ hours or bake in steady oven (280° F.) ¾ to 1 hour.
6. Turn out when cold and coat with ground nuts or browned breadcrumbs, seasoned, or glaze with vegetable glaze.
7. Garnish with parsley and serve with a good salad.

59. *VEGETABLE HOT-POT (for 8 persons)*

Food Value	C. 200	P. 35	F. 16	Cals. 1084
Food Value per person	C. 25	P. 4½	F. 2	Cals. 136

Ingredients

1 lb. potatoes
½ lb. onions
½ lb. swede
½ lb. carrots
Pepper, salt to taste
½ lb. artichokes or parsnips
½ lb. mushrooms
2 oz. Strength of Wheat NRG
2 teaspoonfuls mixed herbs
½ oz. nutter

Method

1. Slice vegetables, after peeling and washing.
2. Arrange in layers, neatly, in a casserole, sprinkling herbs, seasoning, and Strength of Wheat between the layers.
3. See that potatoes and carrots form a design on top.
4. Add enough vegetable stock or water to cover and place small pieces of nutter on top.
5. Put on lid and bake slowly 1½ to 2 hours in oven 280° F.
6. If liked, place halved tomatoes on top and bake without lid for last 10 minutes, or cover with mashed potato and cheese and brown the top.

60. *VEGETABLE PUDDING (for 6 persons)*

Food Value	C. 86	P. 46	F. 58	Cals. 1050
Food Value per person	C. 14¼	P. 7½	F. 9½	Cals. 174

Ingredients

1 shredded onion
1 small marrow or cucumber
2 oz. Strength of Wheat NRG soaked in a little milk
1 tablespoonful grated cheese
2 cupfuls cooked green peas
1 egg and 1 extra yolk
1 tablespoonful salad oil

Method

1. Parboil marrow and onion.
2. Mix these with peas, Strength of Wheat, half the cheese, and 1 beaten egg.
3. Put in a fireproof dish and press in firmly.
4. Beat egg yolk with salad oil and pour over.
5. Sprinkle with grated cheese.
6. Bake in a hot oven 15 minutes.
7. Serve with watercress or tomatoes.

61. *BREAD SAUCE (for 2 persons)*

Food Value	C. 34	P. 25	F. 13	Cals. 353
Food Value per person	C. 17	P. 12½	F. 6½	Cals. 177

Ingredients

2 oz. Bismeal
¼ oz. butter
5 oz. milk
Salt, pepper, 2 cloves
1 onion

Method

1. Stick cloves into the onion and put in a double saucepan with the milk.
2. Steam for 20 minutes, remove onion, and add the Bismeal.
3. Cook for another 20 minutes.
4. Beat until smooth, add the butter and seasoning.
5. Serve very hot.

62. *CHEESE SAUCE (for 2 persons)*

Food Value	C. 18¼	P. 21½	F. 34½	Cals. 470
Food Value per person	C. 9	P. 10¾	F. 17¼	Cals. 236

Ingredients

½ oz. Energen Flour
½ oz. butter
1½ oz. grated cheddar cheese
7 oz. milk
Salt, mustard

Method

1. Melt butter and cook flour in it for a few minutes.
2. Add milk by degrees, allowing mixture to boil between each addition, and stirring all the time.
3. Add seasoning and cheese.
4. Grill and use for any au gratin dishes.

NOTE.—One-third of cheese may be sprinkled over prepared dish.

63. *CURRY SAUCE (for 2 persons)*

Food Value	C. 35	P. 5	F. 13	Cals. 277
Food Value per person	C. 17½	P. 2½	F. 6½	Cals. 138

To be used with vegetable stews and hot-pots.

Ingredients

½ oz. Strength of Wheat NRG
½ oz. nut fat or margarine
½ oz. good curry powder
1 teaspoonful chutney or pulped green tomato
1 small shredded apple
1 small shredded onion
Few drops of lemon juice
½ pint vegetable stock

Method

1. Melt fat and sauté apple and onion.
2. Add curry powder, chutney, Strength of Wheat, and lemon juice.
3. Mix well, then add stock and simmer 20 minutes.
4. Either mix with vegetables and re-heat or use as a sauce with rice.

64. *TOMATO SAUCE (for 2 persons)*

Food Value	C. 31½	P. 10	F. 19	Cals. 337
Food Value per person	C. 15¾	P. 5	F. 9½	Cals. 168

Ingredients

1 oz. Strength of Wheat NRG
½ pint stock and milk
2 tomatoes, sieved
½ oz. butter
Salt, pepper, carmine if needed

Method

1. Heat milk, sprinkle in Strength of Wheat, and simmer until thick.
2. Add tomato pulp, butter, and seasonings, and boil up.
3. Tint with carmine to desired colour and use immediately.

65. *WHITE SAUCE (PLAIN) (for 3 persons)*

Food Value	C. 22½	P. 13½	F. 22½	Cals. 347
Food Value per person	C. 7½	P. 4½	F. 7½	Cals. 116

With hard-boiled egg

Food Value	C. 22½	P. 20½	F. 29	Cals. 434
Food Value per person	C. 7½	P. 6¾	F. 9¾	Cals. 145

Ingredients

½ oz. butter
½ oz. Energen Flour
10 oz. milk or half milk and water
Salt, pepper and lemon juice

Method

1. Melt the butter, add flour, and cook a few minutes.
2. Add half the milk, boil up, beating well to prevent lumps forming.
3. When smooth add the rest of the milk, continuing to beat well.

4. When boiling add seasoning and lemon juice.
5. Use as required.

N.B.—This is a foundation sauce. Vary by adding chopped parsley, tomato pulp, anchovy essence, or chopped hard boiled egg.

66. *WHITE SAUCE FOR VEGETABLES, SWEETS, Etc., MADE NOURISHING (for 3 persons)*

Food Value	C. 48	P. 24	F. 49	Cals. 729
Food Value per person	C. 16	P. 8	F. 16	Cals. 240

Ingredients

1½ oz. butter
½ pint milk
2 oz. Energen Flour
½ pint water, fish or meat stock

Method

1. Melt the butter in a saucepan, stir in flour and cook 7 minutes.
2. Add the liquor and stir until it boils, then simmer 10 minutes.
3. Add seasoning to taste.

67. *CHOCOLATE SAUCE (for 5 persons)*

Food Value	C. 96	P. 39	F. 27	Cals. 783
Food Value per person	C. 19	P. 8	F. 5½	Cals. 157

Ingredients

2 oz. Energen Cocoa
¾ oz. Energen Flour
1½ oz. sugar
1 teaspoonful vanilla essence
¾ pint milk

Method

1. Blend the flour with a little cold milk.
2. Add the Energen Cocoa, and sweetening.
3. Boil the remainder of the milk and pour on to the mixture.
4. Put back into the saucepan and bring to the boil.
5. Simmer for 5 minutes, stirring well.
6. Add vanilla essence, and serve.

68. *CUSTARD SAUCE (for 3 persons)*

Food Value ..	C. 14	P. 17	F. 16½	Cals. 273
Food Value per person	C. 4½	P. 5½	F. 5½	Cals. 91

Ingredients

1 egg
10 oz. milk
Vanilla
Saccharine

Method

1. Heat milk in a double saucepan.
2. Beat the egg, add saccharine to it, and pour the hot milk over it.
3. Return to pan and cook until mixture coats the back of a wooden spoon.

69. *SWEET SAUCE (for 3 persons)*

With Sugar

Food Value	C. 26	P. 11	F. 20	Cals. 328
Food Value per person	C. 9	P. 3½	F. 6¾	Cals. 110

With Saccharine

Food Value	C. 19	P. 11	F. 20	Cals. 300
Food Value per person	C. 6¼	P. 3½	F. 6¾	Cals. 100

Ingredients

½ oz. Energen Flour
½ oz. butter
1¼ gills milk
¼ oz. sugar (or sweeten with saccharine)
Lemon juice

Method

1. Melt the butter in a pan, add flour and milk, and stir until boiling.
2. Simmer for a few minutes, mix in sugar and a good squeeze of lemon juice.

70. *APPLE, SAGE AND ONION STUFFING (for 2 persons)*

Food Value	C. 26	P. 1¾	F. ¼	Cals. 113
Food Value per person	C. 13	P. 1	F. ⅛	Cals. 57

Ingredients

4 oz. apple
3 oz. onion
1 oz. potato (cooked and mashed)
2 sage leaves
A little chopped thyme
Pepper and salt

Method

1. Prepare the apple and onion and place in a pan with the thyme.
2. Cover with water and boil till tender.
3. Drain well and sieve, season and add the mashed potato.

N.B.—Mixture should be smooth and dry. Suitable for stuffing pork, goose, and duck.

71. *CHESTNUT STUFFING (for 4 persons)*

Food Value	C. 170	P. 58	F. 67	Cals. 1515
Food Value per person	C. 42½	P. 14½	F. 17	Cals. 380

Ingredients

½ lb. chestnuts
2 teaspoonfuls lemon juice
2 oz. chopped suet
3 oz. Bismeal
2 teaspoonfuls chopped parsley
1 egg
Salt and pepper

Method

1. Bake the chestnuts until the shells split.
2. Shell and blanche.
3. Stew in boiling salted water till tender.
4. Drain and sieve.
5. Add the dry ingredients, with the lemon juice, and mix well.
6. Bind with a well beaten egg.

Use to stuff chicken or turkey.

72. *LIVER FORCEMEAT (for 2 persons)*

Food Value .. .. C. 12¾ P. 12½ F. 19½ Cals. 277
Food Value per person C. 6¼ P. 6¼ F. 9¾ Cals. 139

Ingredients

1 oz. calf's liver
½ oz. bacon fat
1 oz. onion
Yolk of 1 egg
½ oz. Bismeal
Salt, pepper, nutmeg, cayenne

Method

1. Mince the liver and lightly fry in bacon fat.
2. Mince the onion, add and fry until tender.
3. Mix a little water with the Bismeal and add to the liver.
4. Pound well together, then add the egg yolk and seasoning.

N.B.—Suitable for game, chickens, etc.

73. *VEAL FORCEMEAT (for 2 persons)*

Food Value .. .. C. 13½ P. 17 F. 21½ Cals. 316
Food Value per person C. 6¾ P. 8½ F. 10¾ Cals. 158

Ingredients

1 oz. Bismeal
½ oz. suet
1 teaspoonful chopped parsley
1 egg
½ teaspoonful mixed herbs
Little grated lemon peel
Salt and pepper

Method

1. Shred the suet and chop finely. Mix with the dry ingredients.
2. Beat the egg and add to the mixture.

N.B.—Suitable for veal, fowl, or haddock, or can be made into two forcemeat balls and baked in oven.

74. *FRIED BREADCRUMBS (for 3 persons)*

Food Value .. .. C. 13½ P. 10 F. 13 Cals. 211
Food Value per person C. 4½ P. 3¼ F. 4¼ Cals. 70

Ingredients

1 oz. Bismeal
½ oz. butter

Method

1. Put Bismeal and butter in a small frying pan.
2. Stir constantly over heat until brown.
3. Sieve and serve.

Or

1. Spread Bismeal on a small tray, and place butter on top.
2. Brown in a moderate oven, stirring occasionally.

75. *APPLE CHARLOTTE (for 2 persons)*

Food Value .. .. C. 23½ P. 10¼ F. 25 Cals. 360
Food Value per person C. 11¾ P. 5⅛ F. 12½ Cals. 180

Ingredients

1 oz. Bismeal
3½ oz. cooking apples
1 gill water
1 oz. butter
3 saccharine tablets

Method

1. Peel and thinly slice the apples, place in a dish and cover with 1 gill of water in which saccharine has been dissolved.
2. Sprinkle with Bismeal, add 1 oz. butter, and bake in a moderate oven for ½ hour.

76. *APPLE TAPIOCA PUDDING (for 2 persons)*

Food Value	C. 20¾	P. 1¼	F. —	Cals. 88
Food Value per person	C. 10½	P. ½	F. —	Cals. 44

Ingredients

½ oz. Energen Tapioca
3½ oz. cooking apples
½ pint water
Saccharine tablets

Method

1. Boil the tapioca in ½ pint water for 2 to 3 minutes.
2. Peel and thinly slice the apples and place in a dish.
3. Add the saccharine to the tapioca, and pour over the apple.
4. Bake in a moderate oven for ½ hour.

77. *BAKED CUSTARD (for 2 persons)*

Food Value	C. 4	P. 9	F. 22½	Cals. 255
Food Value per person	C. 2	P. 4½	F. 11¼	Cals. 128

Ingredients

1 egg
⅛ cup or 3 oz. cream
⅛ cup or 3 oz. water
¼ teaspoonful vanilla
½ grain saccharine
Pinch of salt

Method

1. Beat the egg slightly.
2. Scald cream and water, pour slowly over the egg, stirring constantly.
3. Add salt, and saccharine, dissolved in vanilla.
4. Pour into custard cups, stand in pan of hot water and bake in moderate oven until firm.
5. Serve hot or cold.

78. *BAKED SEMOLINA SPONGE (for 3 persons)*

Food Value	C. 111	P. 34	F. 23	Cals. 787
Food Value per person	C. 37	P. 11	F. 8	Cals. 264

Ingredients

2 cupfuls boiling milk
Barely ¼ cupful Energen Semolina
¼ cupful castor sugar
½ teaspoonful salt
1 egg
½ teaspoonful vanilla essence

Method

1. Mix the dry ingredients.
2. Stir into hot milk and cook in the top of a double boiler for 20 minutes.
3. Stir constantly, till mixture is thick.
4. Add the egg, slightly beaten.

5. Pour into buttered baking tin.
6. Brush over with slightly beaten egg diluted with a little milk.
7. Brown in a moderate oven.
8. Cut in squares and serve with tinned fruit or jelly.

79. *BAKED SEMOLINA PUDDING (for 4 persons)*

Food Value	C. 145	P. 63	F. 45	Cals. 1237
Food Value per person	C. 36	P. 16	F. 11	Cals. 307

Ingredients

4 oz. Energen Semolina
1½ pints milk
1 oz. brown sugar
2 eggs
1 teaspoonful vanilla essence

Method

1. Measure milk in a saucepan and add a pinch of salt.
2. When boiling, sprinkle in semolina and simmer for 7 minutes, stirring well.
3. Remove from heat, stir in the beaten egg yolks, sugar, and vanilla essence.
4. Pour into a buttered pie-dish.
5. Lightly stir in the stiffly frothed egg whites.
6. Bake in a moderate oven 25 to 30 minutes.

80. *BATTER PUDDING (for 3 persons)*

Food Value	C. 78	P. 42	F. 17½	Cals. 637
Food Value per person	C. 26	P. 14	F. 5¾	Cals. 212

Ingredients

4 oz. Energen Flour
1 egg
7 oz. milk
1 teaspoonful baking powder

Method

1. Sieve the flour.
2. Beat the egg with a little flour and milk until smooth.
3. Add the rest of the flour, milk, and baking powder gradually.

81. *CARAMEL PUDDING (for 4 persons)*

Food Value	C. 130	P. 35	F. 29	Cals. 921
Food Value per person	C. 32½	P. 9	F. 7	Cals. 229

Ingredients

1 pint milk
2 oz. Strength of Wheat NRG
2 teaspoonfuls sugar
1 pinch salt
1 egg
Flavouring
Caramel: 2 oz. granulated sugar, 1 tablespoonful water

Method

1. Make the caramel by boiling sugar and water together until amber colour.
2. Pour into a dry clean mould and completely coat it with caramel.

3. Boil the milk, stir in Strength of Wheat NRG slowly, cook 4 minutes.
4. Cool slightly, add beaten egg, sugar, and flavouring.
5. Pour into the mould or steam gently for ½ hour.
6. Serve hot or cold.

82. *CHRISTMAS PUDDING (for 8 persons)*

Food Value .. .. C. 238 P. 79 F. 111 Cals. 2267
Food Value per person C. 29¾ P. 10 F. 13¾ Cals. 282

Ingredients

6 oz. Energen Flour
2 oz. Bismeal
4 oz. suet
4 oz. currants
1 oz. mixed peel
1 teaspoonful baking powder
½ teaspoonful spice
1 egg
2 oz. milk
Saccharine, 6 tablets

Method

1. Mix all the dry ingredients together.
2. Beat the egg, dissolve the saccharine in the milk and add.
3. Pour into a greased basin, cover with greased paper and steam for 4 hours.

83. *CHOCOLATE PUDDING (for 4 persons)*

Food Value .. .. C. 116 P. 86 F. 89 Cals. 1609
Food Value per person C. 29 P. 21½ F. 22 Cals. 400

Ingredients

2 oz. Energen Cocoa
2 oz. butter
4 oz. Bismeal
1 pint milk
1 egg
½ oz. sugar

Method

1. Boil the Bismeal in the milk until it becomes a thick paste.
2. When cooked a little, add the other ingredients.
3. Pour the whole into a buttered pie-dish.
4. Bake for ¾ hour.

84. *CUSTARD APPLE (for 1 person)*

Food Value .. .. C. 16¼ P. 10¾ F. 10 Cals. 198

Ingredients

1 apple weighing 4 oz. when peeled
3½ oz. milk
1 egg
1 tablet saccharine

Method

1. Peel and core the apple and place in the centre of a buttered dish.
2. Beat up the egg thoroughly, add the milk, and saccharine dissolved in a little water.
3. Pour over the apple and bake in a moderate oven for ½ hour.
4. Serve hot or cold.
5. Decorate with nuts, etc., if desired.

85. *CUP PUDDING (for 4 persons)*

Food Value	C. 326	P. 68	F. 70	Cals. 2206
Food Value per person	C. 81½	P. 17	F. 17½	Cals. 552

Ingredients

- 4 oz. Energen Flour
- 2 oz. Bismeal
- 2 oz. raisins
- 4 oz. castor sugar
- 2 oz. suet (chopped)
- 8 oz. milk
- 1 egg
- 3 oz. currants

Method

1. Mix the dry ingredients together.
2. Add the milk and egg.
3. Put in greased basin and boil 2 hours.

NOTE.—Apples and figs finely chopped can be substituted for currants or raisins.

86. *DATE PUDDING (for 2 persons)*

Food Value	C. 111	P. 22	F. 56	Cals. 1036
Food Value per person	C. 55½	P. 11	F. 28	Cals. 518

Ingredients

- 2 oz. Energen Flour
- 2 oz. butter
- 2 oz. dates
- 2 oz. sugar
- ½ teaspoonful baking powder
- 1 egg

Method

1. Cream the butter and sugar together.
2. Break in the egg and beat well.
3. Add the dates, cut in small pieces.
4. Sieve in the flour and baking powder, and mix quickly.
5. Turn into small well-greased pudding tins.
6. Bake in a moderate oven for 20 minutes.
7. Turn out and serve with a sweet sauce. (See Recipes Nos. 67–69.)

87. *ENERGEN PUDDING (for 2 persons)*

(Very nutritious and economical)

Food Value	C. 42	P. 31	F. 30	Cals. 560
Food Value per person	C. 21	P. 15½	F. 15	Cals. 280

Ingredients

- 1½ oz. Bismeal
- ½ oz. butter
- ½ pint milk
- ½ oz. sugar
- 1 egg
- Lemon rind

Method

1. Beat the butter and milk with lemon rind.
2. Pour over the Bismeal. Soak for 5 minutes, then remove lemon rind.
3. Add sugar, egg yolk, and whisked white.
4. Bake 10 to 12 minutes in a moderate oven.

88. GOLDEN FEATHER PUDDING (for 4 persons)

Food Value	C. 113	C. 19	F. 55	Cals. 1023
Food Value per person	C. 28	P. 5	F. 14	Cals. 258

Ingredients

2 oz. butter
2 oz. castor sugar
1 oz. Energen Self-Raising Flour
1 oz. Strength of Wheat NRG
1 egg
1 tablespoonful Energen Marmalade or apricot jam

Method

1. Cream butter and sugar.
2. Gradually add egg yolk, beating thoroughly, then add flour, Strength of Wheat, and marmalade.
3. Whisk egg white stiffly and fold into the mixture, lightly.
4. Put a spoonful of marmalade into a greased basin or mould, pour in the mixture and twist greased paper on top.
5. Steam gently for 1 hour, then turn out and serve immediately.

89. MACARONI PUDDING (for 2 persons)

Food Value	C. 20¾	P. 12½	F. 4	Cals. 169
Food Value per person	C. 10¼	P. 6¼	F. 2	Cals. 84

Ingredients

1 oz. Energen Macaroni
3½ oz. milk
2 tablets saccharine

Method

1. Boil the macaroni in water for ½ hour. Place in a buttered dish.
2. Dissolve the saccharine in milk and add to the dish.
3. Bake in a moderate oven for ½ an hour.

90. MARMALADE PUDDING (for 2 persons)

Food Value	C. 13½	P. 14	F. 10½	Cals. 234
Food Value per person	C. 6¾	P. 7	F. 5¼	Cals. 117

Ingredients

3½ oz. milk
1 egg
½ oz. Energen Flour
1 oz. Energen Marmalade

Method

1. Blend the flour with a tablespoonful of the milk.
2. Add the rest of the milk, well beaten egg, and marmalade, and mix thoroughly.
3. Bake in a moderate oven for 20 minutes.

91. *NRG BAKED PUDDING (for 3 persons)*

Food Value	C. 104	P. 35	F. 29	Cals. 816
Food Value per person	C. 34½	P. 11½	F. 9½	Cals. 270

Ingredients

1 pint of milk
2 oz. Strength of Wheat NRG
2 teaspoonfuls sugar
¼ teaspoonful salt
1 egg
Flavouring
1 tablespoonful red currant jelly

Method

1. Bring the milk to the boil.
2. Add Strength of Wheat NRG, steam and cook 4 to 5 minutes. Stir briskly to prevent burning and lumps forming.
3. When the mixture has been cooked 4 minutes, cool slightly, then add the egg (well beaten).
4. Put a layer of red-currant jelly in a pie-dish.
5. Pour the mixture over.
6. Bake in a moderate oven 20 minutes.

92. *NRG MILK PUDDING (for 4 persons)*

Food Value	C. 94½	P. 35	F. 29½	Cals. 784
Food Value per person	C. 23½	P. 9	F. 7½	Cals. 197

Ingredients

1 pint milk
2 oz. Strength of Wheat NRG
1 oz. castor sugar
1 egg
Flavouring

Method

1. Mix Strength of Wheat NRG to a cream with a little cold milk.
2. Add to the boiling milk and cook till it thickens.
3. Add sugar and flavouring and cool slightly.
4. Separate yolk from white of egg, beat and add to mixture. Mix well.
5. Whisk white stiffly and fold in lightly to the mixture.
6. Pour into a pie-dish and bake in a slow oven for about ½ an hour.
7. Serve hot (as pudding falls when cold) with custard sauce (recipe No. 68), or cream, or stewed fruit.

93. *PANCAKES (for 2 persons)*

Food Value	C. 18¼	P. 14⅜	F. 24¾	Cals. 355
Food Value per person	C. 9⅛	P. 7¼	F. 12¼	Cals. 178

Ingredients

1 oz. Energen Flour
1 egg
1 oz. cream
½ oz. butter
2 saccharine tablets
Lemon juice

Method

1. Beat up egg, add cream, flour, and a little water to make a batter (melt one saccharine tablet in the water).
2. Fry mixture until lightly browned, turn and brown other side.

3. Serve with lemon juice, sweetened with the other saccharine tablet.

NOTE.—To make less rich use Energen Batter Pudding Recipe (No. 80).

94. *RAISIN PUDDING (for 3 persons)*

Food Value	C. 144	P. 55½	F. 65½	Cals. 1388
Food Value per person	C. 48	P. 18½	F. 22	Cals. 464

Ingredients

6 oz. Energen Flour
2 oz. butter
1 egg
1 teaspoonful baking powder
2 oz. raisins
5 oz. milk
Pinch of salt

Method

1. Stone the raisins, and press half round a greased pudding basin.
2. Chop the remainder and mix with the flour and baking powder. Rub in butter lightly and add the sugar.
3. Beat egg thoroughly, stir in, and add enough milk to make a soft dough.
4. Put in the basin, cover with buttered paper, and steam 1½ hours.
5. Turn out and serve with sweet sauce.

95. *SAGO AND RICE PUDDING (for 1 person)*

Food Value	C. 6¼	P. 4¼	F. 5¾	Cals. 94

Ingredients

½ oz. rice or sago
½ oz. cream
½ egg
3½ oz. water
Lemon rind or nutmeg
Saccharine to sweeten

Method

1. Cook rice in the water till soft.
2. Cool slightly, then add cream, saccharine, flavouring, and well-beaten egg.
3. Bake in a moderate oven till firm to the touch.

96. *SCOTCH TAPIOCA CREAM (for 4 persons)*

Food Value	C. 238	P. 20	F. 28	Cals. 1284
Food Value per person	C. 59½	P. 5	F. 7	Cals. 321

Ingredients

1 cupful Energen Tapioca
3 oz. castor sugar
1 gill cream
½ lb. fruit

Method

1. Sprinkle tapioca into 1 quart of cold water, stirring constantly.
2. Turn into saucepan, and stir till boiling.
3. Simmer gently till thick and clear; keep mixture smooth.
4. Pack fruit (raspberries, loganberries, sliced apples or plums) into a buttered pie-dish until half full.

5. Add sugar to taste.
6. When tapioca is thick and clear add sugar, cream, and vanilla.
7. Pour over fruit.
8. Bake in a moderate oven for 20 minutes.

97. *SEMOLINA CARAMEL (for 4 persons)*

Food Value	C. 170	P. 48	F. 34	Cals. 1178
Food Value per person	C. 42½	P. 12	F. 8½	Cals. 293

Ingredients

3 oz. Energen Semolina
1 pint milk (tepid)
2 eggs
1 tablespoonful castor sugar
½ teaspoonful vanilla essence
2 oz. granulated sugar (for caramel)

Method

1. Melt and cook the granulated sugar in a small saucepan until it is dark amber shade.
2. Coat the bottom and sides of a pudding basin or soufflé dish with the caramel.
3. If not enough to go over the whole of the container, brush the remaining part with melted butter.
4. Add the beaten egg and castor sugar to the milk and pour into the prepared mould.
5. Cover with buttered paper and steam slowly 1 hour.
6. Remove from saucepan.
7. Turn out. Serve hot or cold.

98. *STRAWBERRY PUDDING (for 6 persons)*

Food Value	C. 186	P. 32	F. 88	Cals. 1664
Food Value per person and 1 oz. cream..	C. 32	P. 6	F. 23½	Cals. 363

Ingredients

3 oz. Strength of Wheat NRG soaked in ¼ cupful milk
3 oz. butter
2 tablespoonfuls Energen Strawberry Jam (or 4 oz. fresh strawberries)
3 oz. castor sugar
½ teaspoonful baking soda
2 eggs
Cream slightly whipped, or custard sauce

Method

1. Cream butter and sugar.
2. Add egg yolks and beat well, also adding Strength of Wheat and soda mixed with a little of the milk.
3. Stir in strawberry jam or mashed strawberries.
4. Fold in stiffly whisked egg whites and put in greased bowl.
5. Steam 2 hours, steadily (or pudding will be full of holes).
6. Turn out and serve with cream or custard.

N.B.—If fresh strawberries are used a little more sugar must be added, and a few drops of lemon juice. Rather less milk will probably be needed.

99. STRENGTH OF WHEAT DELIGHT (for 4 persons)

Food Value	C. 66	P. 19	F. 13	Cals. 457
Food Value per person	C. 16½	P. 4¾	F. 3¼	Cals. 116

Ingredients

½ pint milk
½ pint water
2 oz. Strength of Wheat NRG
2 teaspoonfuls sugar
¼ teaspoonful salt
½ rind of lemon

Method

1. Bring the water and milk to the boil.
2. Add Strength of Wheat NRG slowly and cook 4 to 5 minutes. Stir briskly to prevent burning and lumps forming.
3. Add sugar and lemon rind.
4. Serve with jam, honey, syrup, tinned fruit, or fresh fruit in season.

100. STRENGTH OF WHEAT PUDDING (for 1 person)

Food Value	C. 5½	P. 1½	F. 3	Cals. 55

Ingredients

½ oz. Strength of Wheat NRG
½ oz. cream
½ egg
3½ oz. water
Vanilla
Saccharine to sweeten

Method

1. Cook the Strength of Wheat till soft.
2. Cool slightly, then add cream, saccharine, flavouring, and well beaten egg.
3. Bake in moderate oven till firm to the touch.

101. STRENGTH OF WHEAT NRG SOUFFLÉ (for 4 persons)

Food Value	C. 80	P. 42	F. 35	Cals. 803
Food Value per person	C. 20	P. 10½	F. 9	Cals. 203

Ingredients

1 pint milk
2 oz. Strength of Wheat NRG
½ oz. sugar
¼ teaspoonful salt
2 eggs
Rind of ½ lemon

Method

1. Boil the milk.
2. Add Strength of Wheat NRG slowly, stirring constantly, and cook 4 minutes.
3. Cool slightly, then add sugar, salt, yolks of egg and lemon rind.
4. Beat whites well, and fold in gently.
5. Turn into pie-dish or soufflé mould.
6. Bake in a moderate oven ½ hour.
7. Serve immediately.

To Vary

Use vanilla, ratafia, or almond essence in place of lemon rind, or put a layer of any tinned or stewed fresh fruit in the bottom of the dish.

Bananas should be used uncooked, merely sprinkle with sugar and lemon juice.

Red currant jelly with stewed apples makes a delicious foundation.

102. STUFFED APPLES WITH ENERGEN TAPIOCA (for 6 persons)

Food Value	C. 414	P. 29	F. 96	Cals. 2636
Food Value per person	C. 69	P. 5	F. 16	Cals. 440

Ingredients

2 cupfuls boiled Energen Tapioca
1½ oz. white sugar
5 oz. cream
6 tart apples
2 oz. butter
2 oz. Demerara sugar

Method

1. Cook the tapioca in boiling water, with a pinch of salt, until clear, before measuring.

2. Pare and core apples.

3. Mix the Demerara sugar and butter together and stuff the apples.

4. Bake in an oven until tender.

5. Cover with the tapioca, to which the cream and white sugar have been added, and brown.

NOTE.—Tinned peaches or apricots can be used instead of apples, but stuff with chopped walnuts mixed with butter and squeeze of lemon juice.

103. TAPIOCA PUDDING (for 2 persons)

Food Value ..	C. 35¼	P. 12¼	F. 10	Cals. 288
Food Value per person	C. 17½	P. 6⅛	F. 5	Cals. 144

Ingredients

1 oz. Energen Tapioca
¼ pint milk
Saccharine to sweeten

Method

1. Soak tapioca for ½ hour.

2. Place ingredients in a greased pie-dish and grate nutmeg over.

3. Bake in a slow oven until cooked.

104. *APPLE JELLY (for 2 persons)*

Food Value	C. 6½	P. 6¾	F. 2½	Cals. 76
Food Value per person	C. 3¼	P. 3¼	F. 1¼	Cals. 38

Ingredients

2 oz. cooked apple
½ oz. lemon juice
3½ oz. water
½ oz. gelatine
1 clove
½ oz. cream
Cinnamon stick
Saccharine to sweeten

Method

1. Put the apple, clove, half cinnamon stick, and half the water in a pan and gently boil to pulp.
2. Melt the gelatine and saccharine in the other half of the water.
3. Sieve the apple, add the gelatine, and lemon juice.
4. Pour into a mould that has been well rinsed in cold water and allow to set.
5. Turn out and serve with ½ oz. cream.

105. *APPLE SPONGE (for 2 persons)*

Food Value	C. 4¾	P. 7½	F. 2½	Cals. 72
Food Value per person	C. 2¼	P. 3¾	F. 1¼	Cals. 36

Ingredients

1½ oz. apple
½ oz. gelatine
½ oz. cream
1 white of egg
Saccharine to sweeten
4 oz. water
Lemon rind

Method

1. Cook the apples in half the water. Add lemon rind, and sieve.
2. Melt the gelatine and saccharine in the rest of the water and add to the pulp. Allow to cool.
3. When almost set, add stiffly beaten white of egg and cream, and whip till spongy.

106. *CHOCOLATE BLANCMANGE (for 4 persons)*

With Sugar

Food Value	C. 68½	P. 33¼	F. 5¼	Cals. 454
Food Value per person	C. 17	P. 8¼	F. 1¼	Cals. 112

With Saccharine

Food Value	C. 40½	P. 33¼	F. 5¼	Cals. 342
Food Value per person	C. 10	P. 8¼	P. 1¼	Cals. 85

Ingredients

2 oz. Energen Flour
½ oz. Energen Cocoa
15 drops vanilla essence
1 pint milk or milk and water
1 oz. sugar (or sweeten with saccharine)
½ teaspoonful gelatine
Pinch of salt

Method

1. Mix the flour, cocoa, salt, and gelatine with a little cold milk.
2. Boil the remainder of the milk and pour over the mixture, stirring well.
3. Add the sugar and essence, return to saucepan and boil for a few minutes.
4. Turn into a mould rinsed with cold water.

107. COCOANUT MOULD (for 2 persons)

Food Value	C. $4\frac{1}{4}$	P. $8\frac{1}{4}$	F. $7\frac{1}{2}$	Cals. 118
Food Value per person	C. $2\frac{1}{8}$	P. $4\frac{1}{8}$	F. $3\frac{3}{4}$	Cals. 59

Ingredients

$\frac{1}{2}$ oz. desiccated cocoanut
$\frac{1}{2}$ oz. cream
1 oz. milk
4 oz. water
$\frac{1}{2}$ oz. gelatine
Saccharine to sweeten

Method

1. Melt the gelatine and saccharine with a little of the water, and allow to cool.
2. Add the rest of the ingredients and turn into a mould.
3. Decorate with cherries when set.

108. COFFEE CREAM MOULD (for 2 persons)

Food Value	C. $1\frac{1}{4}$	P. $6\frac{1}{2}$	F. $5\frac{1}{4}$	Cals. 78
Food Value per person	C. $\frac{1}{2}$	P. $3\frac{1}{4}$	F. $2\frac{1}{2}$	Cals. 39

Ingredients

5 oz. strong coffee
$\frac{1}{2}$ oz. gelatine
1 oz. cream
Saccharine to sweeten

Method

1. Melt the gelatine and saccharine in the coffee and allow to cool.
2. When almost set, add the whipped cream and turn into a well-rinsed mould.

N.B.—If desired, the mould may be set without cream, and the cream can be used to decorate.

109. COFFEE JUNKET (for 2 persons)

Food Value	C. $11\frac{1}{4}$	P. $7\frac{3}{4}$	F. $12\frac{1}{4}$	Cals. 186
Food Value per person	C. $5\frac{1}{2}$	P. $3\frac{3}{4}$	F. $6\frac{1}{8}$	Cals. 93

Ingredients

1 tablespoonful strong coffee
7 oz. milk
1 oz. cream
Teaspoonful rennet

Method

1. Heat the milk to body temperature, add the coffee and stir in the rennet.
2. Pour into a fancy glass and stand in a cool place until set.
3. Serve with 1 oz. cream.

110. COFFEE OR CHOCOLATE MOUSSÉ (for 4 persons)

Food Value .. .. C. 89 P. 33 F. 31 Cals. 767
Food Value per person C. 22¼ P. 8¼ F. 7¾ Cals. 192

Ingredients

2 oz. Strength of Wheat NRG
¼ pint water
3 eggs
6 lumps or 1½ oz. sugar
1 teaspoonful strong coffee, or coffee essence, or two teaspoonfuls grated chocolate
Custard sauce, to coat (see Recipe No. 68)

Method

1. Sprinkle Strength of Wheat in water and cook until transparent.
2. Add sugar and coffee or chocolate.
3. Cool slightly, add beaten yolks, and re-heat but *do not boil.*
4. Pour on to whisked whites of eggs and fold in lightly.
5. Turn into a mould which has been rinsed with cold water and leave several hours to set.
6. Turn out and coat, or pour custard sauce round.

N.B.—Chopped nuts may be added, if liked, or blanched almonds may be cut in thin shreds and used for decoration.

111. EGG YOLK JELLY (for 1 person)

Food Value .. .. C. — P. 6¼ F. 6¼ Cals. 81

Ingredients

1 egg yolk
½ oz. gelatine
2 oz. water
Lemon rind (grated) or lemon juice
1 saccharine tablet

Method

1. Melt the gelatine and saccharine in the water.
2. Allow to cool, then beat on to egg yolk.
3. Add lemon rind and juice to taste, and set in mould.

N.B.—If gelatine is too hot egg will curdle.

112. FRUIT SALAD (for 1 person)

Food Value .. .. C. 12 P. — F. — Cals. 48

Ingredients

½ grapefruit
1 medium size orange
2 or 3 grapes seeded, or strawberries
Saccharine if necessary

Method

1. Peel and section the grape fruit and orange.
2. Add seeded grapes and a few drops of Maraschino or almond essence.
3. If fruit is very sour, add saccharine melted in a little water.
4. Arrange in glass dish and stand on ice until required.

113. FRUIT TAPIOCA (for 5 persons)

Food Value	C. 155½	P. 8	F. —	Cals. 653
Food Value per person	C. 31	P. 1⅝	F. —	Cals. 131

Ingredients

½ cupful Energen Tapioca
1 cupful stewed or tinned apricots
2 cupfuls fruit juice, peaches or apricots
Pinch salt
1 teaspoonful grated orange rind

Method

1. Use the juice from the stewed or tinned fruit in recipe.
2. Sweeten to taste if necessary.
3. Bring to the boil in the top of a double saucepan.
4. Stir in tapioca and salt, and cook (stirring occasionally) till clear.
5. Add the dried fruit and orange rind. Cook for 1 minute.
6. Turn into a serving dish, chill, and serve with or without cream or custard sauce.

114. IVORY MOULD (for 4 persons)

Food Value	C. 97	P. 44	F. 42	Cals. 942
Food Value per person	C. 24	P. 11	F. 10½	Cals. 235

Ingredients

2 oz. Strength of Wheat NRG
1 pint milk
1 tablespoonful minced almonds
Grated rind ½ lemon
2 eggs
2 tablespoonfuls sugar
½ saltspoonful salt
½ teaspoonful vanilla essence

Method

1. Measure the milk in a saucepan.
2. Sprinkle in the Strength of Wheat NRG, stirring constantly.
3. As the mixture thickens, stir in lemon rind, almonds, salt, sugar, and vanilla essence.
4. When thick, remove from fire, add beaten egg yolks, and fold in stiffly frothed whites.
5. Turn into a rinsed jelly mould and set.
6. Turn into a glass dish and serve ice cold with any stewed or tinned fruit.

To vary

Set in a border mould, fill centre with drained cooked berries, and accompanied by fruit juice.

115. LEMON MOULD (for 2 persons)

Food Value	C. ½	P. 13½	F. 6½	Cals. 115
Food Value per person	C. ¼	P. 6¾	F. 3¼	Cals. 58

Ingredients

1 egg yolk
5 oz. water
4 teaspoonfuls lemon juice
½ rind of lemon (grated)
1 white of egg
½ oz. gelatine
1 saccharine

Method

1. Melt the gelatine and saccharine in a little of the water. Heat the rest of the water in a double saucepan.
2. Pour the hot water on to the yolk of egg and beat well. Cook until it thickens.
3. Remove from fire, cool slowly, then add gelatine and saccharine.
4. Whip white of egg stiffly, fold in when the mixture is almost setting.
5. Mould.

NOTE.—If white is added too soon it will separate from yolk mixture.

116. *LEMON SPONGE (for 2 persons)*

Food Value	C. 8	P. 16	F. ½	Cals. 97
Food Value per person	C. 4	P. 8	F. Trace	Cals. 49

Ingredients

3 oz. lemon juice
½ oz. gelatine
1 white of egg
Rind of 1 lemon
2 saccharine tablets
4 oz. water

Method

1. Boil the water together with thinly peeled lemon rind, and strain.
2. Add gelatine and saccharine, melt carefully, then add lemon juice and leave to cool.
3. When almost set, add stiffly beaten white of egg and whisk until white and frothy.
4. Pile up in glass dish, or mould.

NOTE.—If whisked on ice, it will only take half the time to set.

117. *NRG SURPRISE—DANISH RODGROD (for 4 persons)*

Food Value	C. 318	P. 40	F. 55	Cals. 1927
Food Value per person	C. 79½	P. 10	F. 13¾	Cals. 482

Ingredients

Small cupful Strength of Wheat NRG
1 pint water
4 oz. sugar
2 lb. mixed fruit (e.g. raspberries, red currants, rhubarb)
Squeeze of lemon juice
1 gill whipped cream

Method

1. Sprinkle Strength of Wheat in boiling water and simmer until transparent.
2. Mash fruit and drain off juice.
3. Mix fruit with Strength of Wheat and sweeten to taste. Add lemon juice and cool slightly.
4. Pour into glass dish.

5. When set, decorate with whipped cream or clotted cream.

6. Serve very cold, or iced.

N.B.—Will keep several days, and cream should be added just before serving. Pouring cream may also be used, or Ideal Milk.

118. ORANGE SPONGE (for 2 persons)

Food Value	C. 12	P. 16	F. ½	Cals. 113
Food Value per person	C. 6	P. 8	F. Trace	Cals. 57

Ingredients

2½ oz. orange juice
1½ oz. lemon juice
½ oz. gelatine
2 saccharine tablets
4 oz. water
Orange and lemon rind

Method

Proceed as for lemon sponge (Recipe No. 116).

119. RICE MOULD (for 2 persons)

Food Value	C. 7	P. 7¾	F. 5¼	Cals. 106
Food Value per person	C. 3½	P. 3¾	F. 2½	Cals. 53

Ingredients

¼ oz. rice
1 oz. cream
5 oz. water
¼ oz. gelatine
Grated lemon rind
Nutmeg
Saccharine to sweeten

Method

Proceed as for cocoanut mould (Recipe No. 107).

120. SEMOLINA FRUIT SHAPE (for 4 persons)

Food Value	C. 160	P. 11	F. ½	Cals. 686
Food Value per person	C. 40	P. 3	F. ⅛	Cals. 173

Ingredients

2 oz. Energen Semolina
1 oz. granulated sugar
1 pint pineapple or peach juice

Method

1. Bring the fruit juice to the boil.
2. Sprinkle in the semolina, stirring constantly.
3. Add the sugar.
4. Cook for 10 minutes, stirring constantly.
5. Pour into a wet mould and leave in a cool place to set.
6. Turn into a glass dish and surround with pieces of the fruit.

NOTE.—If more nourishment or a richer mould is needed, add 1 or 2 beaten eggs just before pouring into the mould.

121. *SEMOLINA HEDGEHOG (for 4 persons)*

Food Value	C. 128	P. 45	F. 123	Cals. 1799
Food Value per person	C. 32	P. 11	F. 30¾	Cals. 448

Ingredients

3 oz. Energen Semolina
¼ pint cream
¼ pint milk
1 oz. split bleached almonds
1½ oz. granulated sugar
1 egg
1 teaspoonful vanilla

Method

1. Mix the semolina in a basin with a little of the milk.
2. Bring remainder of the milk to the boil with the cream, then stir it into the semolina.
3. Pour the mixture into a saucepan and stir over fire until thick and the semolina tastes cooked.
4. Add the sugar, and well-beaten egg. Cook for a moment or two, stirring constantly.
5. Pour into a wet mould to set.
6. To serve, turn into a glass dish and spike with almonds.

NOTE.—May be coated with custard sauce if desired.

122. *STRENGTH OF WHEAT NRG SHAPE (for 4 persons)*

Food Value	C. 114	P. 40	F. 30	Cals. 886
Food Value per person	C. 28½	P. 10	F. 7½	Cals. 222

Ingredients

3 oz. Strength of Wheat NRG
1 pint milk
1 egg
½ teaspoonful vanilla essence
1 oz. granulated sugar

Method

1. Bring milk to the boil.
2. Sprinkle in Strength of Wheat NRG, stirring constantly, and cook for 5 minutes.
3. Remove pan from fire, add sugar and beaten egg, or beaten egg yolk only, and fold in stiffly frothed white.
4. Stir in vanilla, and turn into rinsed mould.
5. Stand to set.
6. Turn into glass dish and serve with tinned or stewed fruit.

123. *SURPRISE PUDDING (for 4 persons)*

Food Value	C. 185	P. 32	F. 98	Cals. 1750
Food Value per person	C. 46	P. 8	F. 25	Cals. 441

Ingredients

2 oz. Strength of Wheat NRG
1 pint milk
1 oz. sugar
½ oz. desiccated cocoanut, if liked
1 gill whipped cream
2 tablespoonfuls Energen Strawberry Jam
2 tablespoonfuls grated chocolate
1 banana

Method

1. Sprinkle Strength of Wheat in hot milk and simmer until thick.
2. Add sugar and cool slightly.
3. Pour a layer of this into a glass dish.
4. Place layers of jam, sliced banana, grated chocolate, and cocoanut in the dish, with Strength of Wheat cream on top.
5. Decorate with whipped cream and serve very cold.

124. *TAPIOCA MOULD (for 2 persons)*

Food Value	C. 9¾	P. 6	F. 2	Cals. 81
Food Value per person	C. 4¾	P. 3	F. 1	Cals. 40

Ingredients

½ oz. Energen Tapioca
2 oz. milk
2 oz. water
½ oz. gelatine
Lemon flavouring
Saccharine to taste

Method

1. Cook the tapioca in the water until soft.
2. Melt the gelatine and add the milk and flavouring.
3. Sweeten with saccharine.

125. *WHEATEN CREAM (for 4 persons)*

Food Value	C. 114	P. 53	F. 41	Cals. 1037
Food Value per person	C. 28½	P. 13¼	F. 10¼	Cals. 259

Ingredients

3 oz. Strength of Wheat NRG
1 pint milk
3 eggs
1 oz. sugar
Finely grated orange or lemon rind

Method

1. Heat milk and stir in Strength of Wheat.
2. Simmer for 10 minutes, then add sugar and orange rind.
3. Cool slightly, then beat in egg yolks.
4. Cook a few minutes, to thicken, but do not boil.
5. Whisk whites stiffly and fold into mixture.
6. Pour into a wet mould.
7. When set, turn out and serve very cold.

Orange jelly may be chopped and used for decoration.

126. *WHEATEN DELIGHT (for 6 persons)*

Food Value	C. 229	P. 40	F. 34	Cals. 1382
Food Value per person	C. 38	P. 6¾	F. 6	Cals. 233

Ingredients

2 oz. Strength of Wheat NRG
1 pint milk
2 oz. sugar
4 penny sponge cakes
Few drops vanilla, ratafia, or almond essence
1 egg
8 oz. stewed or fresh fruit

Method

1. Split sponge cakes, place round a glass dish.
2. Fill with fruit and replace tops. Soak with fruit juice.
3. Heat milk, sprinkle in Strength of Wheat and simmer 10 minutes.
4. Cool slightly and divide in halves, sweetening each.
5. Into one half beat the yolk of egg and flavour with ratafia.
6. Into the other half fold the white of an egg and flavour with vanilla.
7. When cooling, pour the first half into the middle of glass dish.
8. Pour second half carefully over the sponge cakes, to coat them.
9. Decorate with a little fruit and serve cold.

N.B.—Chocolate and raspberry flavour and colouring might be used to give the two colours as a change.

127. *LEMON WATER ICE (for 2 persons)*

With Saccharine				
Food Value	C. 12	P. 1½	F. 1	Cals. 63
Food Value per person	C. 6	P. ¾	F. ½	Cals. 32
With Saccharine and White of Egg				
Food Value	C. 12	P. 5½	F. 1	Cals. 79
Food Value per person	C. 6	P. 2¾	F. ½	Cals. 40

Ingredients

6 oz. lemon rind and juice
3 oz. orange rind and juice
1 oz. water
9 saccharine tablets

Method

1. Boil the water, sugar, or saccharine and thinly peeled rinds for 10 minutes.
2. Cool and strain.
3. Add the fruit juice and freeze in the usual way.

NOTE.—The addition of a whipped white of egg is an improvement.

128. *ENERGEN ICE-CREAM*

Food Value	C. 105	P. 20¾	F. 119	Cals. 1574
Food Value per person	C. 13	P. 2½	F. 15	Cals. 197

Ingredients

¾ oz. Energen Vanilla Custard Powder
1 pint of milk
2 oz. castor sugar
¼ lb. butter

Method

1. Mix the custard powder to a smooth cream with a little of the cold milk.
2. Bring the remainder of the milk and sugar to the boil.
3. Add the custard powder and continue cooking for 5 minutes. Draw away from the heat and partially cool.
4. Melt the butter and slowly beat into the mixture.
5. Cool and freeze in the usual way.

129. APPLE COBS (for 2 persons)

Food Value	C. 32½	P. 4	F. 6¾	Cals. 207
Food Value per person	C. 16¼	P. 2	F. 3¼	Cals. 104

Ingredients

5 oz. apples, peeled and cored = 2 small apples
½ oz. Energen Self-Raising Flour
½ oz. butter
Pinch salt
Squeeze lemon juice
2 saccharine tablets
Water

Method

1. Rub the butter into the flour and salt, and make into a stiff dough with lemon juice and water.
2. Roll out thinly and divide into two.
3. Place an apple on each piece of pastry, and work up gradually until each apple is covered.
4. Melt saccharine in a little water, pour a little into each core and work pastry over until fruit is covered.
5. Bake in a quick oven for 20 to 30 minutes.

130. APPLE AND CRANBERRY PIE (for 2 persons)

Food Value	C. 24½	P. 4	F. 7	Cals. 177
Food Value per person	C. 12¼	P. 2	F. 3½	Cals. 89

Ingredients

½ oz. Energen Flour
¼ oz. butter
3¾ oz. apples
2 oz. cranberries
4 tablets saccharine
Pinch salt

Method

1. Rub the butter into the flour and salt, and add sufficient water to make into a dough.
2. Roll out to cover a small dish.
3. Put the cranberries and thinly sliced apples into the dish, and add the saccharine dissolved in a tablespoonful of water.
4. Cover with the pastry, notch the edges and bake in a quick oven for ½ hour.

131. CONGRESS TARTS (for 6 tarts)

Food Value	C. 28	P. 23¼	F. 71¼	Cals. 846
Each Tart (average) ..	C. 4½	P. 4	F. 12	Cals. 142

Ingredients

1 oz. Energen Flour
1 oz. Energen Jam
1 oz. butter
2½ oz. ground almonds
Yolk of 1 egg
2 saccharine tablets

Method

1. Well rub the butter into the flour and add sufficient water to make into a stiff dough. Roll out thinly.
2. Stamp out six rounds, place in patty pans and put a little jam in each.
3. Beat up yolk of egg and add the almonds, and saccharine dissolved in a little water. Mix well.
4. Fill tarts, and decorate with strips of pastry.
5. Bake in quick oven for 25 minutes.

132. *JAM TARTS (for 7 tarts)*

Food Value	C. 19	P. 7	F. 25	Cals. 329
Each Tart (average) ..	C. $2\frac{3}{4}$	P. 1	F. $3\frac{1}{2}$	Cals. 47

Ingredients

1 oz. Energen Flour
1 oz. butter
2 oz. Energen Jam
Small pinch salt

Method

1. Rub the butter into the flour and salt, and add sufficient water to make into a dough.
2. Roll out thinly.
3. Stamp out into 7 fancy rounds and place in patty pans. Add a spoonful of jam to each.
4. Bake in a hot oven 10 to 15 minutes.

133. *MINCE PIES (for 12 pies)*

Food Value	C. $208\frac{3}{4}$	P. $63\frac{1}{4}$	F. 219	Cals. 3059
Each Pie (average) ..	C. $17\frac{1}{2}$	P. $5\frac{1}{2}$	F. $18\frac{1}{4}$	Cals. 256

Ingredients

1 apple
1 lemon
$1\frac{1}{2}$ oz. currants
$1\frac{1}{2}$ oz. sultanas
4 oz. suet
1 tablespoonful Energen Marmalade
1 level teaspoonful spice
Saccharine
Pastry (See Recipe No. 134)

Method

1. Make the pastry, roll out and line 12 patty tins with it.
2. Thoroughly mix the mincemeat ingredients and pass through mincer.
3. Fill each patty case with the mincemeat and cover with pastry.
4. Brush over with beaten white of egg.
5. Bake in a moderate oven 20 to 30 minutes.

134. *NUTRITIOUS SHORT PASTRY (for 3 persons)*

Food Value	C. 136	P. 56	F. $112\frac{1}{2}$	Cals. 1781
Food Value per person	C. $45\frac{1}{2}$	P. $18\frac{1}{2}$	F. $37\frac{1}{2}$	Cals. 594

Ingredients

8 oz. Energen Flour
2 oz. lard
2 oz. butter
Pinch salt

Method

1. Rub the butter and lard into the flour.
2. Add salt, mix with cold water, making slightly more moist than if using household flour.
3. Use as required.

135. *BISMEAL SAUSAGE (for 4 persons)*

Food Value ..	C. 57	P. 46	F. 72	Cals. 1060
Food Value per person	C. 14	P. 11½	F. 18	Cals. 264

Ingredients

4 oz. Bismeal
¼ chopped onion
½ oz. dripping or vegetable fat
2 oz. suet
⅔ pint vegetable stock
Yolk of 1 egg
Pinch of nutmeg
Salt and pepper

Method

1. Heat the fat in a pan.
2. Add the onion and fry till brown.
3. Then add shredded suet and stock, bring to the boil and sprinkle in Bismeal, stir well.
4. Continue stirring and cook for 20 minutes.
5. Season to taste and turn on to a plate to cool.
6. Shape into sausages with yolk of egg for binding.
7. Coat with crumbs of Energen bread.
8. Fry or bake in hot oven.

136. *CELERY CHEESE (for 2 persons)*

Food Value ..	C. 12	P. 15¼	F. 18½	Cals. 276
Food Value per person	C. 6	P. 7½	F. 9¼	Cals. 138

Ingredients

½ lb. celery, cut small
3½ oz. milk
1½ oz. grated cheese
½ teaspoonful Gelozone
Pepper and salt

Method

1. Boil celery in salted water until soft, then drain and place in a buttered dish.
2. Add grated cheese and pepper to taste.
3. Mix Gelozone with cold milk, and pour over it.
4. Bake in a moderate oven until brown.
5. Serve hot.

137. *CHEESE BISCUITS (for 2 persons)*

Food Value ..	C. 34	P. 24¼	F. 42½	Cals. 613
Food Value per person	C. 17	P. 12⅛	F. 21⅛	Cals. 307

Ingredients

2 oz. Energen Flour
1 oz. grated cheese
1 oz. butter
1 yolk of egg
1 tablespoonful water
Salt, pepper, cayenne to taste

Method

1. Sieve the flour, and rub in butter lightly.
2. Add grated cheese and seasoning.
3. Mix to a stiff dough with yolk of egg and water.
4. Roll out on to floured board and cut in fingers. Bake in a moderate oven until golden brown.

NOTE.—See that all materials are cold. Do not make dough too soft or biscuits will not be crisp.

138. CHEESE CUSTARD (for 1 person)

Food Value.. .. C. 7 P. 15 F. 16 Cals. 229

Ingredients

1 egg
4½ oz. milk
½ oz. grated cheese

Method

1. Beat egg, add a pinch of salt, milk, and cheese.
2. Divide into two dishes, and bake in oven in a pan of water.

139. CHEESE EGG (for 1 person)

Food Value.. .. C. — P. 14 F. 22½ Cals. 260

Ingredients

1 egg
1 oz. Cheddar cheese
½ oz. butter

Method

1. Melt the butter in a small fireproof dish.
2. Add the cheese, thinly sliced; break in the egg whole, season, sprinkle with a little grated cheese and bake for 10 to 20 minutes.

140. CHEESE FINGERS (for 3 persons)

Food Value.. .. C. 68 P. 31½ F. 33 Cals. 695
Food Value per person C. 22½ P. 10½ F. 11 Cals. 231

Ingredients

4 oz. Energen Flour
1 oz. butter
½ oz. grated cheese
½ oz. baking powder
Cold water to mix
Salt and pepper

Method

Proceed as cheese biscuits, observing same precautions. (See Recipe No. 137.)

141. CHEESE PUDDING (for 2 persons)

Food Value.. .. C. 18½ P. 27¾ F. 33 Cals. 482
Food Value per person C. 9¼ P. 13¾ F. 16½ Cals. 241

Ingredients

1 oz. Bismeal
3½ oz. milk
1 oz. cheese
1 egg
½ oz. butter
Salt and pepper to taste

Method

1. Mix the Bismeal, grated cheese, and seasoning.
2. Boil the milk and butter, pour over the mixture and soak for 30 minutes.
3. Add beaten egg, pour into a pie-dish, and bake in slow oven 30 minutes.

142. *CHEESE SAVOURY PUDDING (for 4 persons)*

Food Value	C. 46	P. 54	F. 54	Cals. 886
Food Value per person	C. 11½	P. 13½	F. 13½	Cals. 222

Ingredients

½ pint milk
1½ oz. Strength of Wheat NRG
3 oz. cheese
2 eggs
Salt, pepper and cayenne

Method

1. Bring the milk to the boil.
2. Add Strength of Wheat NRG slowly, stirring constantly, and cook 4 minutes. Cool.
3. Add cheese, yolks of eggs, and seasoning.
4. Beat whites to a stiff froth and fold in gently.
5. Turn into a buttered pie-dish, or soufflé mould.
6. Bake in a moderate oven for 20 minutes.

NOTE.—To get the full flavour of the Strength of Wheat NRG it is essential to cook the cereal for at least 4 minutes.

143. *CHEESE-WHEAT SAVOURY (for 4 persons)*

Food Value	C. 54	P. 35	F. 68	Cals. 968
Food Value per person	C. 13½	P. 9	F. 17	Cals. 243

Ingredients

2 oz. Strength of Wheat NRG
½ pint milk
½ pint water
1 oz. butter
2 oz. grated or Parmesan cheese
Salt, pepper, ground mace
½ teaspoonful (made) mustard

Method

1. Put milk and water in a saucepan and sprinkle in Strength of Wheat.
2. Simmer 15 minutes, then stir in two-thirds of cheese, butter, and seasonings.
3. Mix well and pour into a greased fireproof dish.
4. Sprinkle rest of cheese on top and bake in a quick oven or brown under the griller.

May be garnished with fresh tomato and watercress.

NOTE.—The same mixture may be cooled on a wet plate, divided into six or eight cutlets, coated with egg and browned crumbs, and fried in deep fat until golden brown.

144. *CHEESE AND WHEAT SOUFFLÉS (for 6 persons)*

Food Value	C. 28	P. 39	F. 62	Cals. 826
Food Value per person	C. 4½	P. 6½	F. 10¼	Cals. 136

Ingredients

1 oz. Strength of Wheat NRG
1 oz. butter
1 gill milk
2 oz grated cheese
2 eggs
Pepper, salt, cayenne

Method

1. Sprinkle Strength of Wheat into hot milk in saucepan.
2. Add butter and simmer 10 to 15 minutes.

3. Add cheese, cool slightly and beat in egg yolks.
4. Season carefully.
5. Whisk up whites of egg stiffly and fold into mixture.
6. Pour into buttered soufflé cases (china or paper).
7. Bake in hot oven 15 minutes.
8. Serve with tomatoes or red peppers (cooked).

145. *FRIED ENERGEN MACARONI (for 3 persons)*

Food Value	C. 150	P. 105	F. 59	Cals. 1551
Food Value per person	C. 50	P. 35	F. 19¾	Cals. 517

Ingredients

¼ lb. Energen Macaroni
¼ lb. Energen Flour
¼ lb. grated cheese
½ pint milk
Salt, pepper, cayenne, and celery salt

Method

1. Sift flour into a basin, and season to taste.
2. Gradually stir in the milk.
3. Beat to a thick smooth batter.
4. Have a saucepan of fat heating while the batter is being made. When smoking hot drop macaroni into the batter. Stir for a minute or two, then drop into boiling fat, and fry till golden.
5. Drain well on paper.
6. Sprinkle with cheese.
7. Serve on hot dish lined with lace paper d'oyley.

To vary

Sweeten batter with sugar to taste. Prepare and fry as described, serve dredged with castor sugar and garnished with fingers of lemon.

146. *GNOCCHI (AN ITALIAN SAVOURY) (for 4 persons)*

Food Value	C. 86	P. 55	F. 70	Cals. 1194
Food Value per person	C. 21½	P. 14	F. 17½	Cals. 299

Ingredients

3 oz. Strength of Wheat NRG
1 pint milk
1 oz. butter
1 oz. cheese
2 eggs

Method

1. Boil milk, sprinkle in Strength of Wheat and simmer 10 minutes, then cool slightly and beat in the eggs.
2. Season carefully and add half the butter and cheese.
3. Mix well, and turn on to a wet dish, spreading evenly.
4. When cool, cut in small squares.
5. Pile on a vegetable dish, with small pieces of butter and grated cheese between layers.
6. Brown in a hot oven and serve piping hot.

NOTE.—Milled nuts may be used in place of cheese, and browned melted butter poured over before serving.

147. MACARONI CHEESE (for 2 persons)

Food Value	C. 19¼	P. 15	F. 17¾	Cals. 297
Food Value per person	C. 9½	P. 7½	F. 8¾	Cals. 149

Ingredients

1 oz. Energen Macaroni
½ oz. grated cheese
¼ oz. Bismeal
½ oz. butter
Salt and pepper

Method

1. Boil the macaroni until tender, then add butter, cheese, pepper, and salt.
2. Place in a well-buttered dish, sprinkle with Bismeal, and brown in oven for 20 minutes.

148. MACARONI CHEESE MOULD (for 2 persons)

Food Value	C. 5	P. 10¾	F. 5¼	Cals. 110
Food Value per person	C. 2½	P. 5¼	F. 2½	Cals. 55

Ingredients

¼ oz. Energen Macaroni
½ oz. tomato
¼ oz. gelatine
½ oz. cream
½ oz. grated cheese
5 oz. water, pepper, and salt

Method

1. Cook the macaroni in salted water until soft. Drain.
2. Melt gelatine in a little water.
3. Pour the rest of the ingredients and the water in a basin; add gelatine, and mix thoroughly.
4. Mould.

149. MACARONI CUTLETS (for 2 persons)

Food Value	C. 68	P. 59	F. 28	Cals. 760
Food Value per person	C. 34	P. 29½	F. 14	Cals. 380

Ingredients

½ lb. Energen Macaroni
½ cupful grated cheese
2 tablespoonfuls minced onion
1 tablespoonful minced parsley
1 egg (well beaten)
1 teaspoonful paprika

Method

1. Cook macaroni in boiling salted water till tender; drain well and chop finely.
2. Add the rest of the ingredients and mix well.
3. Shape small portions into the form of croquettes.
4. Dip in flour, then in beaten egg.
5. Roll in sifted crumbs and fry in deep smoking hot fat till crisp and brown.
6. Drain well and finish cooking in a hot oven for about 10 minutes.

150. *MACARONI FRITTERS (for 6 persons)*

Food Value	C. 172	P. 92	F. 32	Cals. 1344
Food Value per person	C. 28½	P. 15	F. 5	Cals. 219

Ingredients

- 1½ cupfuls cooked Energen Macaroni
- 1 oz. granulated sugar
- ¼ teaspoonful ground cinnamon
- 2 eggs
- 1 gill white sauce—hot (½ oz. butter, ½ oz. flour, 5 oz. milk)

Method

1. Chop macaroni till small.
2. Stir in sugar and cinnamon, add 1 beaten egg, diluted with a little white sauce.
3. Mix well, add enough white sauce to make mixture moist, but not runny.
4. Leave on plate to cool.
5. Divide into 12 pieces and roll each into a ball.
6. Dip in beaten egg and breadcrumbs.
7. Fry in smoking hot fat—375° F.—till golden brown.
8. Drain well on crumpled paper.
9. Serve with honey, lemon cheese, jam, or marmalade.

151. *MACARONI ITALIENNE (for 4 persons)*

Food Value	C. 113	P. 94	F. 105	Cals. 1773
Food Value per person	C. 28	P. 23½	F. 26	Cals. 440

Ingredients

- 1 cupful Energen Macaroni
- 2 tablespoonfuls butter
- ½ pint hot milk
- 1 oz. Energen Flour
- 3 oz. grated cheese
- 2 oz. minced ham
- Salt and paprika to taste

Method

1. Cook macaroni in boiling salted water till tender; drain well.
2. Melt butter in a saucepan, stir in flour, and when frothy, thin with milk.
3. Add macaroni and cheese.
4. When the cheese is melted, season to taste and turn out on to a hot dish.
5. Sprinkle with ham and garnish with parsley.
6. Serve at once.

152. *MACARONI MILANAISE (for 4 persons)*

Food Value	C. 158	P. 103	F. 62	Cals. 1602
Food Value per person	C. 39½	P. 26	F. 15½	Cals. 401

Ingredients

- ½ lb. boiled Energen Macaroni
- 1 pint stewed tomatoes
- 1 teaspoonful Energen Flour
- 1 small onion
- 1 oz. butter
- 1 teaspoonful chopped parsley
- 1 cupful beef or veal stock
- 1 tablespoonful chopped fried onions
- 3 tablespoonfuls grated Parmesan cheese
- Salt and pepper
- 1 tablespoonful chopped fried mushrooms

Method

1. Melt the butter in a saucepan, add minced onion, and when slightly brown, stir in the flour.
2. When mixture froths, add the stock.
3. Cook till smooth, then add strained tomatoes.
4. Cover and simmer 20 minutes.
5. Meanwhile, boil and drain the macaroni, and return to the saucepan.
6. Add mushrooms.
7. Season to taste.
8. When piping hot, add parsley.
9. Arrange on hot dish, and sprinkle with grated Parmesan cheese.

153. MACARONI SALAD (for 5 persons)

Salad

Food Value	C. 161	P. 83	F. 6	Cals. 1030
Food Value per person	C. 32	P. 16½	F. 1¼	Cals. 205

Mayonnaise Sauce

Food Value	C. 7	P. 4½	F. 151	Cals. 650
1/10th Recipe ..	C. ¾	P. ½	F. 15	Cals. 65

Ingredients

2 cupfuls cold boiled Energen Macaroni
¼ cupful cooked French beans
½ cupful cooked or tinned peas
2 tablespoonfuls grated onion
½ cupful grated raw carrot if liked
4 oz. lettuce

Method

1. Mix the macaroni with the vegetables.
2. Moisten with French dressing.
3. Stand for 1 hour.
4. Arrange on lettuce leaves.
5. Decorate with mayonnaise.

Mayonnaise

1 egg yolk
½ teaspoonful dry mustard
½ teaspoonful castor sugar
Pepper and salt
1 gill salad oil
Vinegar

Method

1. Put the egg yolk and dry ingredients in a basin and mix thoroughly.
2. Add the oil slowly, beating it in drop by drop.
3. When the mixture thickens, add a little vinegar.
4. Continue the process until the oil is all used.

154. MARROW CHEESE (for 2 persons)

Food Value	C. 21	P. 16¼	F. 18⅓	Cals. 316
Food Value per person	C. 10½	P. 8⅛	F. 9¼	Cals. 158

Ingredients

½ lb. marrow cut into dice
1½ oz. cheese, grated
3¼ oz. onion, cut small
3½ oz. milk
Salt and pepper to taste

Method

1. Boil the onion and marrow in salted water till soft.
2. Drain well, place in a buttered dish, add milk, grated cheese, and pepper, if desired.
3. Bake in a moderate oven until brown. Serve hot.

NOTE.—May be thickened with ½ teaspoonful of Gelozone mixed with cold water, if preferred.

155. MUSHROOM CREAM (for 2 persons)

Food Value	C. 13	P. 12¼	F. 18	Cals. 263
Food Value per person	C. 6½	P. 6⅛	F. 9	Cals. 132

Ingredients

4 oz. mushrooms
½ oz. Bismeal
1 oz. cream
½ oz. butter
2 oz. stock
3 Energen Rusks

Method

1. Prepare and chop mushrooms, fry in the butter—add Bismeal, cream, stock, and seasoning and cook for a few minutes.
2. If mixture is too thick, add a little more stock.
3. Serve in pastry cases or piled on rusks.

NOTE.—This quantity is sufficient for 3 rusks.

156. NOURISHING SAVOURY (for 1 person)

Food Value	C. 11½	P. 25	F. 23½	Cals. 368

Ingredients

1 Energen Baton
1 egg
½ oz. cheese
½ oz. butter

Method

1. Cut baton in half lengthways, scoup out inside and mix beaten egg and grated cheese.
2. Line the baton crust with butter, pour in the mixture, and bake until golden brown.

157. RICE SAVOURY (for 2 persons)

Food Value	C. 17½	P. 9½	F. 10	Cals. 196
Food Value per person	C. 8½	P. 4½	F. 5	Cals. 98

Ingredients

½ oz. rice
2 oz. onion, chopped small
1 oz. cheese
4 oz. stock
4 oz. tomatoes
Seasonings, pinch of nutmeg

Method

1. Boil rice and onion in stock till all is absorbed.
2. Halve the tomatoes and lay on buttered dish.
3. Add three-quarters of the grated cheese to the rice, and pile on the tomatoes. Sprinkle the rest of the cheese on top.
4. Bake in moderate oven 20 to 30 minutes.

NOTE.—Tomatoes may be sieved and added to rice mixture.

158. *SAVOURY PUDDING (for 4 persons)*

Savoury Pudding

Food Value	C. 96	P. 37	F. 68	Cals. 1144
Food Value per person	C. 24	P. 9	F. 17	Cals. 285

Brown Sauce

Food Value	C. 19	P. 5	F. 16	Cals. 240
Food Value per person	C. 4¾	P. 1¼	F. 4	Cals. 60

Ingredients

4 oz. Strength of Wheat NRG
1 shredded onion
Salt and pepper to taste
½ cupful nutter
1 egg
1 teaspoonful powdered sage
½ pint milk and a little water (to make mixture thick as porridge)

Brown Sauce

½ oz. dripping
½ oz. Energen Flour
2 oz. onion
1½ gills water or stock
Seasoning
Small piece carrot and turnip

Method

1. Heat milk, stir in Strength of Wheat and simmer 10 minutes.
2. Add onion and cook a few minutes longer, then add nutter.
3. Cool slightly, add beaten egg, seasoning, and sage.
4. Pour into a greased baking tin and spread evenly ½ in. thick.
5. Bake near the top of a hot oven until golden brown.
6. Cut in squares and serve with a good brown sauce or gravy.
7. For the sauce, fry the carrot, turnip, and onion in the dripping, add the flour and seasoning and brown well.
8. Add the liquid, boil up, skim and simmer for ½ hour.

159. *SARDINE SAVOURY (for 1 person)*

Food Value	C. 2	P. 8	F. 12½	Cals. 153

Ingredients

1 oz. sardines
1 teaspoonful sardine or olive oil
2 Energen Rusks
Pepper and salt

Method

1. Mix sardines and oil into a smooth paste, and add seasoning.
2. Pile on to two rusks.
3. Decorate with parsley.

160. *SEAKALE AU GRATIN (for 2 persons)*

Food Value	C. 11½	P. 11	F. 15¾	Cals. 232
Food Value per person	C. 5¾	P. 5½	F. 7¾	Cals. 115

Ingredient

¼ lb. seakale
¼ oz. butter
¼ oz. Energen Flour
2 oz. milk
1½ oz. seakale water
¾ oz. cheese
Salt, pepper, mustard

Method

1. Wash the seakale, cut in 1 in. lengths and boil in salted water till tender; drain and place in fireproof dish.
2. Make a white sauce of the butter, flour, milk, and vegetable water (see Recipe No. 65).
3. Grate the cheese, add two-thirds to the sauce and pour over the seakale.
4. Sprinkle the rest of the cheese over the mixture and bake or grill until golden brown.
5. Serve garnished with parsley.

161. *STUFFED TOMATOES (for 2 persons)*

Food Value	C. 17¼	P. 9½	F. 3¼	Cals. 141
Food Value per person	C. 8½	P. 4¾	F. 1½	Cals. 71

Ingredients

½ lb. tomatoes (3 large ones)
½ oz. Bismeal
½ oz. minced ham
½ teaspoonful mixed herbs
A little finely chopped onion
Salt and pepper

Method

1. Put the ham, onion, and seasoning into a stewpan and heat for a few minutes, stirring well.
2. Slice the tops off the tomatoes, and carefully scoop out the inside.
3. Add the pulp and Bismeal to the stewpan and cook for a few minutes, stirring all the time.
4. Fill the tomatoes with the mixture, place in a greased pan and bake for ¼ hour in a moderate oven.

162. *TOMATO SOUFFLÉ (for 2 persons)*

Food Value	C. 51	P. 30	F. 26	Cals. 558
Food Value per person	C. 25½	P. 15	F. 13	Cals. 279

Ingredients

2 large tomatoes
Small cupful Strength of Wheat NRG (already cooked in milk)
1 tablespoonful grated cheese or pounded nuts
1 egg yolk and 1 extra white (separate)
Pepper and salt

Method

1. Put halved tomato in a greased fireproof dish.
2. Whisk white of egg stiffly.

3. Beat yolk and stir in Strength of Wheat mixture.
4. Fold in white of egg and season carefully.
5. Pour the mixture over tomatoes.
6. Sprinkle on cheese or nuts.
7. Bake in hot oven 20 minutes.

NOTE.—Cooked cauliflower might be used in place of tomatoes.

163a. WELSH RAREBIT (for 1 person)

Food Value.. .. C. 7½ P. 13¼ F. 10 Cals. 173

Ingredients

1 oz. cheese
1 Energen Batonette
Seasonings

Method

1. Halve batonette lengthways and toast.
2. Shave cheese on to both halves and grill for 2 to 3 minutes.

163b. WELSH RAREBIT (for 1 person)

Food Value.. .. C. 8¼ P. 13¾ F. 10½ Cals. 183

Ingredients

1 oz. cheese
½ oz. milk or water
1 Energen Batonette
Seasonings

Method

1. Halve batonette lengthways and toast.
2. Grate the cheese, add milk or water and seasoning, and knead into a smooth paste.
3. Spread on both halves of batonettes and brown under grill 3 minutes.

164. MUSHROOM OMELETTE (for 1 person)

Food Value.. .. C. 1 P. 9 F. 18½ Cals. 207

Ingredients

1 egg
4 button mushrooms or 2 medium mushrooms
½ oz. butter
1 teaspoonful water
Seasonings

Method

1. Melt the butter in an omelette pan and fry the mushrooms.
2. When mushrooms are cooked chop half and keep the other half for garnish.
3. Beat the egg well, add water, chopped mushrooms and seasoning and pour on to butter left from mushroom frying.
4. When omelette is set, garnish with hot mushrooms and serve quickly.

165. PLAIN OMELETTE (for 1 person)

Food Value.. .. C. — P. 7 F. 12½ Cals. 141

Ingredients

1 egg
¼ oz. butter
1 teaspoonful water
Salt and pepper

Method

1. Beat egg well, add water and seasoning.
2. Melt butter in omelette pan, over low flame, pour in egg mixture, stir gently with palette knife, shaking pan at the same time.
3. When mixture is lightly set, fold over and brown for 1 minute.
4. Serve at once.

Savoury Omelette.—Vary by adding a pinch of mixed herbs or ½ teaspoonful parsley.

166. PUFFY OMELETTE (for 1 person)

Food Value.. .. C. — P. 7 F. 18½ Cals. 195

Ingredients

1 egg
½ oz. butter
Small amount parsley

Method

1. Separate the egg yolk and white, beat the yolk until smooth.
2. Beat the white until stiff and fold into yolk.
3. Melt butter in frying pan, pour in the egg and cook slowly until done.
4. Fold one half over the other, place on hot dish and garnish.

167. TOMATO OMELETTE (for 1 person)

Food Value.. .. C. 2½ P. 7½ F. 18½ Cals. 207

Ingredients

1 egg
½ oz. butter
2 oz. tomato
1 teaspoonful water
Seasonings

Method

1. Cut the tomato in half and grill with a little of the butter.
2. When cooked, pulp one half and keep the other hot for garnish.
3. Proceed to make the omelette (as described for mushroom omelette). When the mixture is almost set place tomato pulp down the centre, fold over, brown and serve.
4. Garnish with hot tomato.

168. SARDINE EGGS (for 1 person)

Food Value.. .. C. — P. 20½ F. 25¼ Cals. 309

Ingredients

2 eggs
1 oz. sardines
1 teaspoonful sardine oil
A little vinegar, salt and pepper

Method

1. Hard boil the eggs, cut in half and remove yolks.
2. Remove skin and backbone of sardines.
3. Pound the oil, vinegar, seasoning, sardine and egg yolks into a paste.
4. Fill the whites of the eggs with the mixture.
5. Decorate with parsley.

169. SCOTCH EGGS (for 2 persons)

Food Value	C. 6¾	P. 28	F. 31¾	Cals. 425
Food Value per person	C. 3¼	P. 14	F. 15½	Cals. 213

Ingredients

2 eggs
1½ oz. lean meat (beef or pork)
½ oz. fat
½ oz. Bismeal
Pepper and salt

Method

1. Hard boil one egg, remove shell and allow it to cool.
2. Mince meat and fat together, add seasoning and mix with the white of the second egg.
3. Beat up the yolk and add to the Bismeal.
4. Cover the cold egg completely with the meat and coat with egg yolk and Bismeal.
5. Fry in boiling fat until brown.
6. Serve hot or cold with salad.

170a. STUFFED EGGS (for 2 persons)

Food Value	C. 7¼	P. 20	F. 27¼	Cals. 354
Food Value per person	C. 3½	P. 10	F. 13½	Cals. 177

Ingredients

2 eggs
4 small mushrooms
½ oz. Bismeal
Tablespoonful olive oil
Salt and pepper

Method

1. Hard boil the eggs, cut in half, and remove the yolks.
2. Prepare the mushrooms, dice, and lightly fry in oil.
3. Add Bismeal, yolks, oil, and seasoning to the mushrooms and mix well.
4. Pile into the egg cases and garnish with parsley.

170b. STUFFED EGGS (for 1 person)

Food Value	C. 2¾	P. 16	F. 26¾	Cals. 325

Ingredients

2 eggs
½ oz. butter
2 tablespoonfuls milk
1 tablespoonful capers
Little caper vinegar
Pepper and salt

Method

1. Hard boil the eggs, cut a small portion off each end so that they will sit up when halved.

2. Halve the eggs, put yolks in a basin along with milk, capers (either chopped or whole), vinegar, salt and pepper, mix well together and stuff the half whites with the mixture, well piled.

3. Sprinkle with a little cayenne pepper.

4. Serve on a lettuce leaf.

NOTE.—May be eaten with salad or served with a cold meat.

171. *"HIGH PROTEIN" BREAD (for 7 loaves)*

Extra nourishing

Food Value per loaf.. C. 527 P. 90 F. 7 Cals. 2531

Ingredients

10 lb. household flour
1 lb. Energen Flour
3 oz. salt
4 oz. yeast
3 quarts water (warm)

Method

1. Mix the ordinary and Energen Flour and salt together in a good sized bowl.

2. Make a well in the centre of the flour.

3. Dissolve the yeast in a little warm water and leave for a minute to let it start working.

4. Pour the yeast and remainder of the water into the well of flour, and knead into a soft dough.

5. Cover with a cloth and leave in a warm place to rise for one hour.

6. Knead the dough again and leave to rise for a further ¾ hour.

7. Mould into tins and leave to prove for about 20 minutes.

8. Bake in a hot oven ¾ to 1 hour.

172. *HIGH PROTEIN YEAST BREAD (for 1¼ lb. loaf)*

Food Value.. .. C. 274 P. 113 F. 16 Cals. 1692

Food Value 1 oz. (thin slice) approx. .. C. 13½ P. 5½ F. ¾ Cals. 82

Ingredients

1 lb. Energen Flour
½ teaspoonful salt
½ oz. yeast
Less than ½ pint lukewarm water

Method

1. Mix the flour and salt together lightly and well.

2. In a separate basin mix the yeast until it becomes creamy. Slowly add the water, which should be at blood heat (98.4° F.) —the temperature is important in order to avoid killing the yeast.

3. Pour the yeast slowly into the flour, mixing thoroughly into a wet dough.

4. Cover basin with a cloth, and leave for ¾ hour in a warm place to rise.

5. When the dough has doubled its bulk, thoroughly knead it on a floured board.

6. Put in a floured tin and leave in the warm to rise for 10 minutes.

7. Bake in a medium oven for 45 minutes.

NOTE.—The above quantities should make 1¼ lb. of bread.

173. ALMOND BISCUITS (for 30 biscuits)

Food Value	C. 229	P. 50	F. 77	Cals. 1809
Each Biscuit (average)	C. 7½	P. 1½	F. 2½	Cals. 58

Ingredients

4 oz. Energen Semolina
4 oz. Energen Self-Raising Flour
3 oz. castor sugar
3 oz. butter
½ teaspoonful cream of tartar
Small pinch of salt
Almond essence

Method

1. Mix the dry ingredients.
2. Add beaten egg.
3. Mix to a stiff paste and roll out.
4. Cut into shapes and decorate with an almond.
5. Bake in a moderate oven 15 minutes.

174. BISMEAL BISCUITS (for 22 biscuits)

Food Value	C. 44	P. 27	F. 51	Cals. 743
Each Biscuit (average)	C. 2	P. 1¼	F. 2¼	Cals. 33

Ingredients

1 oz. Energen Flour
2 oz. Bismeal
2 oz. butter
4 saccharine tablets

Method

1. Mix the flour and Bismeal, and thoroughly rub in the butter.
2. Add the saccharine dissolved in water.
3. Add sufficient water to make the whole into a stiff paste.
4. Roll out and cut into 22 rounds.
5. Bake in a fairly hot oven 15 to 20 minutes.

175. CHOCOLATE BISCUITS (for 25 biscuits)

Food Value	C. 197	P. 59	F. 64	Cals. 1600
Each Biscuit (average)	C. 8	P. 2¼	F. 2½	Cals. 64

Ingredients

6 oz. Energen Flour
3 oz. sugar
1 oz. Energen Cocoa
2 oz. butter
1 tablespoonful water
1 egg
Vanilla essence

Method

1. Mix the Energen Cocoa with the water. Stir over a gentle heat till it blends.
2. Cream the butter and sugar together, add egg and vanilla.
3. Sift the flour and stir in lightly.
4. Turn on to a floured board and roll into a thin sheet.
5. Cut into shapes, and place on greased tray.
6. Bake in moderate oven 15 minutes.

176. *SAVOURY BISCUITS (for 8 persons)*

Food Value	C. 34	P. 23	F. 27	Cals. 471
Food Value per person plus 1 *Energen Biscuit*	C. 7½	P. 4¾	F. 5¼	Cals. 98

Ingredients

8 Energen Digestive Biscuits
1 tablespoonful Strength of Wheat NRG, cooked in ½ pint milk
½ tablespoonful grated cheese
1 egg yolk or finely chopped hard-boiled egg
1 tablespoonful chopped parsley
Salt, pepper, cayenne

Method

1. Beat egg yolk into Strength of Wheat mixture.
2. Add cheese and seasoning and half the parsley.
3. Pile the mixture into pyramids on Digestive Biscuits.
4. Sprinkle cayenne pepper lightly on half of them and 'cap' the other with chopped parsley.
5. Serve as a savoury.

This mixture may also be used as a *sandwich filling* with Energen Batons.

177. *SPICE BISCUITS (for 32 biscuits)*

Food Value	C. 68	P. 28	F. 52	Cals. 852
Each Biscuit (average)	C. 2	P. 1	F. 1½	Cals. 26

Ingredients

4 oz. Energen Flour
2 oz. butter
¼ teaspoonful ground rice
4 saccharine tablets
1 tablespoonful water

Method

1. Dissolve the saccharine in 1 tablespoonful of warm water, and allow to cool.
2. Beat the butter and saccharine-water together until light and creamy.
2. Sieve the flour and spice and mix well.
4. Roll out thinly and cut into 32 fancy shapes.
5. Bake in a fairly hot oven 10 to 15 minutes.

178. *AFTERNOON TEA SCONES (for 4 scones)*

Food Value	C. 37	P. 21	F. 20½	Cals. 417
Each Scone averages . .	C. 9¼	P. 5¼	F. 5	Cals. 104

Ingredients

2 oz. Energen Flour
½ oz. butter
1 egg
½ teaspoonful cream of tartar
Pinch bicarbonate of soda
4 saccharine tablets

Method

1. Sieve the flour, cream of tartar, and bicarbonate together.
2. Rub in the butter lightly. Beat and add the egg.
3. Dissolve the saccharine in a little water, and add a little more water if necessary to make the whole into a light dough.
4. Roll out thinly and cut into four shapes.
5. Bake on a hot griddle or in a quick oven.

NOTE.—The tea cakes and scones will keep rather longer than ordinary bread, and the biscuits will retain their crispness if stored in an airtight tin.

NOTE.—If Self-Raising Flour is used, baking powder is unnecessary.

179. *ENERGEN TEA CAKES (for 16 small cakes)*

Food Value	C. 136	P. 57	F. 104	Cals. 1708
Each Cake (*average*)	C. 8½	P. 3½	F. 6½	Cals. 106

Ingredients

8 oz. Energen Self-Raising Flour
¼ lb. butter
½ teaspoonful salt

Method

1. Mix the ingredients to a paste with a little milk or water.
2. Roll out and cut into 16 rounds.
3. Bake on a flat tin in moderate heat.
4. When rising, turn and allow to bake till golden brown.
5. Serve buttered.

180. *BISMEAL OAT CAKES (for 10 cakes)*

Food Value	C. 27	P. 20	F. 30	Cals. 458
Each Cake (*average*)	C. 2¾	P. 2	F. 3	Cals. 46

Ingredients

2 oz. Bismeal
1 oz. dripping or butter
Good pinch salt
Good pinch bicarbonate of soda
Hot water to mix

Method

1. Mix the Bismeal, salt, soda, and butter with hot water to a soft dough.
2. Turn out on to board floured with ½ oz. Bismeal.

3. Roll out and cut into 10 fancy shapes.

4. Arrange on baking sheet and sprinkle with any Bismeal left on the board.

5. Bake in a moderate oven for ½ hour.

181. *BRAN CAKES (FOR CONSTIPATION) (for 6 cakes)*

Food Value	C. —	P. 26	F. 39	Cals. 472
Each Cake (average)	C. —	P. 4¼	F. 6½	Cals. 78

Ingredients

2 oz. washed bran
1 oz. butter
2 whole eggs
1 white of egg
1 teaspoonful salt
Trace of cinnamon

Method

1. Beat up the whole eggs, add the melted butter, bran, and salt, and mix in a pinch of cinnamon.

2. Lightly whip the white and add to the mixture.

3. Shape into cakes and bake in a moderate oven.

182. *CHOCOLATE BUNS (for 12 buns)*

Food Value	C. 47	P. 46½	F. 44	Cals. 770
Each Bun (average) ..	C. 4	P. 3¾	F. 3¾	Cals. 64

Ingredients

1½ oz. Bismeal
1 oz. Energen Flour
1 oz. Energen Cocoa
1 oz. butter
2 eggs
½ teaspoonful baking powder
4 saccharine tablets

Method

1. Well mix the Bismeal, flour, cocoa, and baking powder together.

2. Rub in the butter.

3. Beat the eggs and add to the mixture.

4. Dissolve the saccharine in a little water and add last of all.

5. Divide into 12 buns and bake in a warm oven for 25 minutes.

183. *CHOCOLATE CAKE (for 6 slices)*

Food Value	C. 116	P. 55	F. 54	Cals. 1170
Each Slice (average)	C. 19½	P. 9¼	F. 9	Cals. 195

Ingredients

4 oz. Energen Flour
2 oz. Energen Cocoa
1 egg
1½ oz. butter
1 oz. sugar
½ teaspoonful baking powder
A little water
Vanilla essence

Method

1. Mix the Energen Cocoa with a little water, and stir over a gentle heat until it blends.
2. Sieve the flour, salt, and baking powder.
3. Cream the butter and sugar and add the egg. Beat well.
4. Add the Energen Cocoa and vanilla.
5. Stir in the flour.
6. Grease a tin and line with greased paper. Pour in the mixture.
7. Bake in moderate oven 1½ hours.

184. DROP SCONES (for 4 scones)

Food Value (unbuttered) C. 18½ P. 15 F. 15½ Cals. 274
Each Scone (unbuttered) (average) .. .. C. 4½ P. 3¾ F. 4 Cals. 69

Ingredients

1 oz. Energen Flour
1 egg
2 tablespoonfuls milk
Pinch of salt
Pinch of bicarbonate of soda
Pinch of cream of tartar
¼ oz. lard for frying

Method

1. Mix the milk, bicarbonate of soda and egg together.
2. Sieve the flour, salt, and cream of tartar.
3. Add the liquid and beat for 10 minutes and leave to stand for 20 minutes.
4. Lightly grease the frying pan with lard, and when hot pour on one tablespoonful of the mixture at a time.
5. When brown, turn and cook the other side.
6. Serve hot with butter.

185. MADEIRA CAKE (for 10 slices)

Food Value .. .. C. 196 P. 72½ F. 93½ Cals. 1915
Each Slice (average) .. C. 19½ P. 7¼ F. 9¼ Cals. 190

Ingredients

8 oz. Energen Flour
3 oz. butter or margarine
2 eggs
Pinch of salt
½ teaspoonful baking powder
2 oz. sugar
Lemon, almond or vanilla essence
½ cup milk

Method

1. Cream butter and sugar well together.
2. Beat the eggs and add gradually.
3. Sieve the flour, salt, and baking powder and add lightly to the mixture.
4. Add the essence and mix well.
5. Pour into a greased cake tin.
6. Bake in a moderate oven 1¼ hours.

NOTE.—If Energen Self-Raising Flour is used, omit baking powder.

186. *NUT TEA CAKES (for 8 cakes)*

Food Value	C. 72½	P. 42	F. 39½	Cals. 814
Each Cake (*average*)	C. 9	P. 5¼	F. 5	Cals. 102

Ingredients

½ lb. Energen Flour
½ oz. butter
3 tablespoonfuls milk (tepid)
1 egg
1 oz. grated nuts (almonds, brazils, walnuts or hazel)
¼ oz. dried yeast
Pinch salt

Method

1. Make the dough as for Yorkshire tea cakes (Recipe No. 189) and then add the grated nuts.
2. Knead and leave in the warm to rise for 1 hour.
3. Make into 8 cakes or leave whole on floured baking tin to rise for 20 minutes.
4. Bake in a quick oven. Whole, 20 minutes, small, 10 minutes.

187. *SULTANA CAKE (for 12 slices)*

Food Value	C. 309½	P. 67	F. 118	Cals. 2567
Each Slice (*average*) . .	C. 25¾	P. 5½	F. 10	Cals. 215

Ingredients

7 oz. Energen Flour
4 oz. castor sugar
4 oz. butter or margarine
4 oz. sultanas
2 eggs
2 oz. milk
1 heaped teaspoonful baking powder
Lemon rind

Method

1. Cream the butter and sugar and add the eggs one at a time.
2. Add flour and milk alternately, beating well, lastly the baking powder, lemon rind, and sultanas ; mix all lightly and thoroughly.
3. Bake in a moderate oven ¾ to 1 hour.

188. *TANGERINE TEA CAKES (for 8 cakes)*

Food Value	C. 73	P. 36¾	F. 23½	Cals. 651
Each Cake (*average*) . .	C. 9	P. 4½	F. 3	Cals. 81

Ingredients

½ lb. Energen Flour
½ oz. butter
2 tablespoonfuls milk (tepid)
1 egg
1 tangerine orange
¼ oz. dried yeast
Pinch salt

Method

1. Proceed as for Yorkshire tea cakes (Recipe No. 189) and make the dough.
2. Add the juice and finely grated peel of 1 orange.

3. Knead well and leave in a warm place to rise for 1 hour.

4. Make the whole into a round bun and place in a floured cake tin or divide into 8 small buns, and place on floured baking sheet.

5. Leave 20 minutes to rise.

6. Bake in a hot oven. Whole, 20 minutes; buns, 10 minutes.

189. *YORKSHIRE TEA CAKES (for 8 cakes)*

Food Value	C. 71½	P. 37½	F. 24	Cals. 651
Each Cake (average)	C. 9	P. 4½	F. 3	Cals. 81

Ingredients

½ lb. Energen Flour
½ oz. butter
3 tablespoonfuls milk (tepid)
1 egg
½ oz. dried yeast
Pinch salt

Method

1. Sieve the flour and salt.

2. Cream the yeast and add the tepid milk to it gradually. Beat and add the egg.

3. Pour all into the flour and beat thoroughly. Leave in a warm place to rise for 1 hour.

4. Knead the whole into a round bun and place in a floured cake tin, or divide into 8 small buns and place on floured baking sheet. Leave 20 minutes to rise.

5. Bake in hot oven. Whole, 20 minutes; buns, 10 minutes.

190. *STRENGTH OF WHEAT NRG PORRIDGE (for 2 persons)*

Food Value	C. 38	P. 9½	F. 1½	Cals. 204
Food Value per person	C. 19	P. 4¾	F. ¾	Cals. 102

Ingredients

3 teacupfuls water
2 oz. Strength of Wheat NRG
¼ teaspoonful salt

Method

1. Pour water into saucepan and add salt. When boiling, stir in Strength of Wheat NRG; continue stirring briskly until the mixture thickens.

2. Cook over a low heat 4 to 5 minutes *or* turn into a double boiler and cook slowly for 1 hour.

3. Serve with milk and sugar.

NOTE.—Cooking in a double boiler is sometimes found more convenient, as the porridge can be made the day before, and re-heated next morning without fear of burning.

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